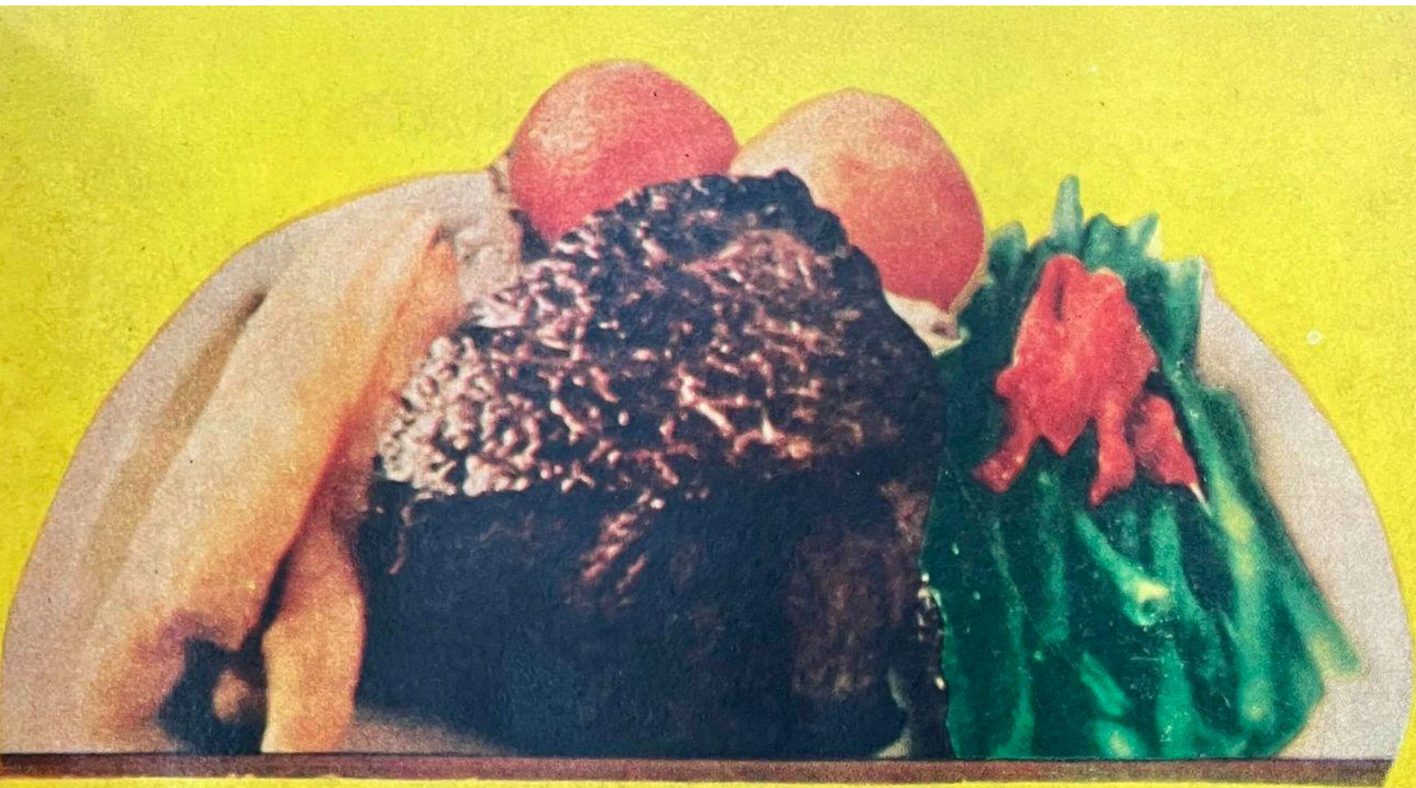
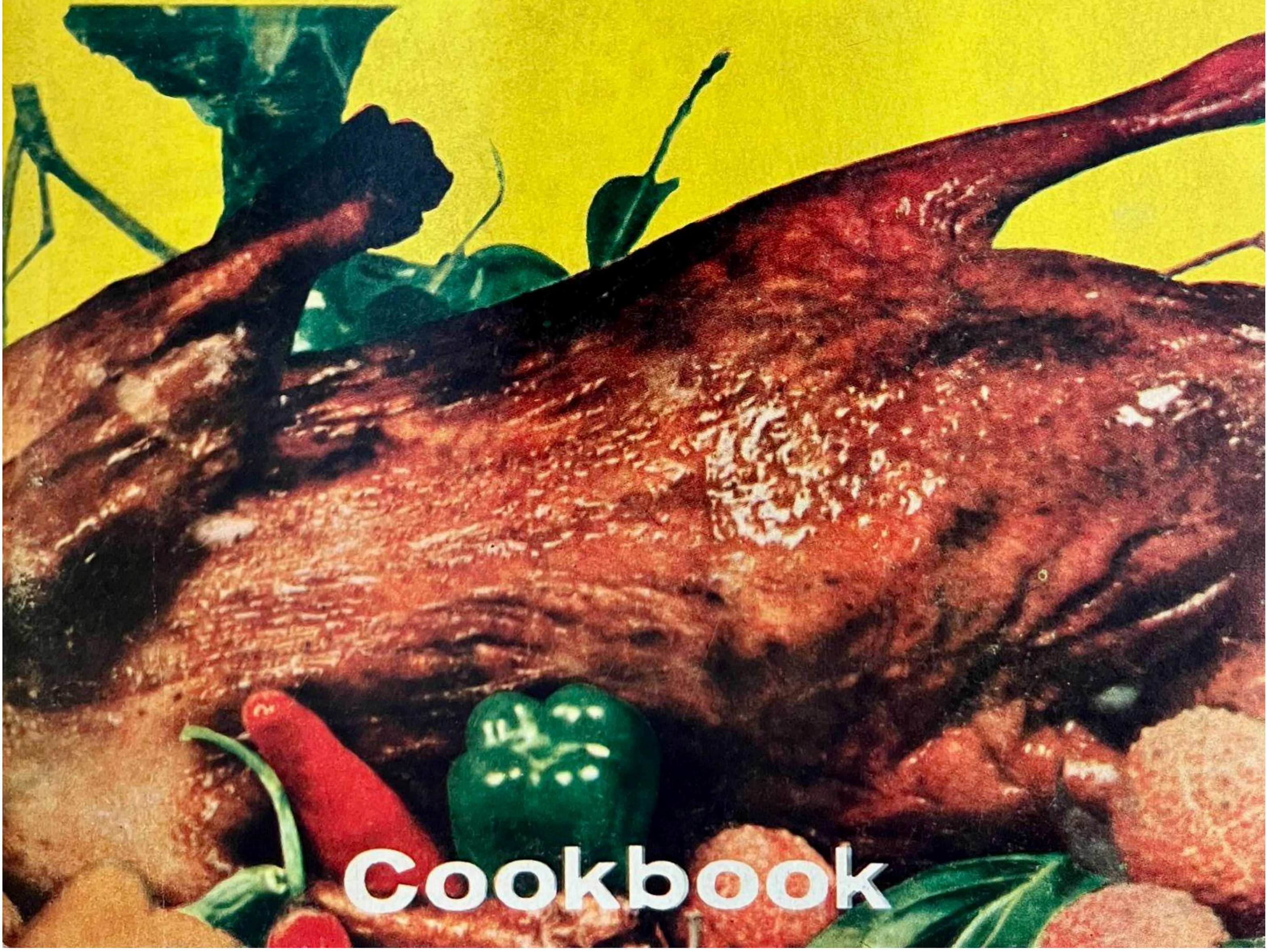


MODERN RECIPES For The GOURMET



Cookbook

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MODERN RECIPES For The GOURMET

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Compiled By
Marissa E. Del Rosario

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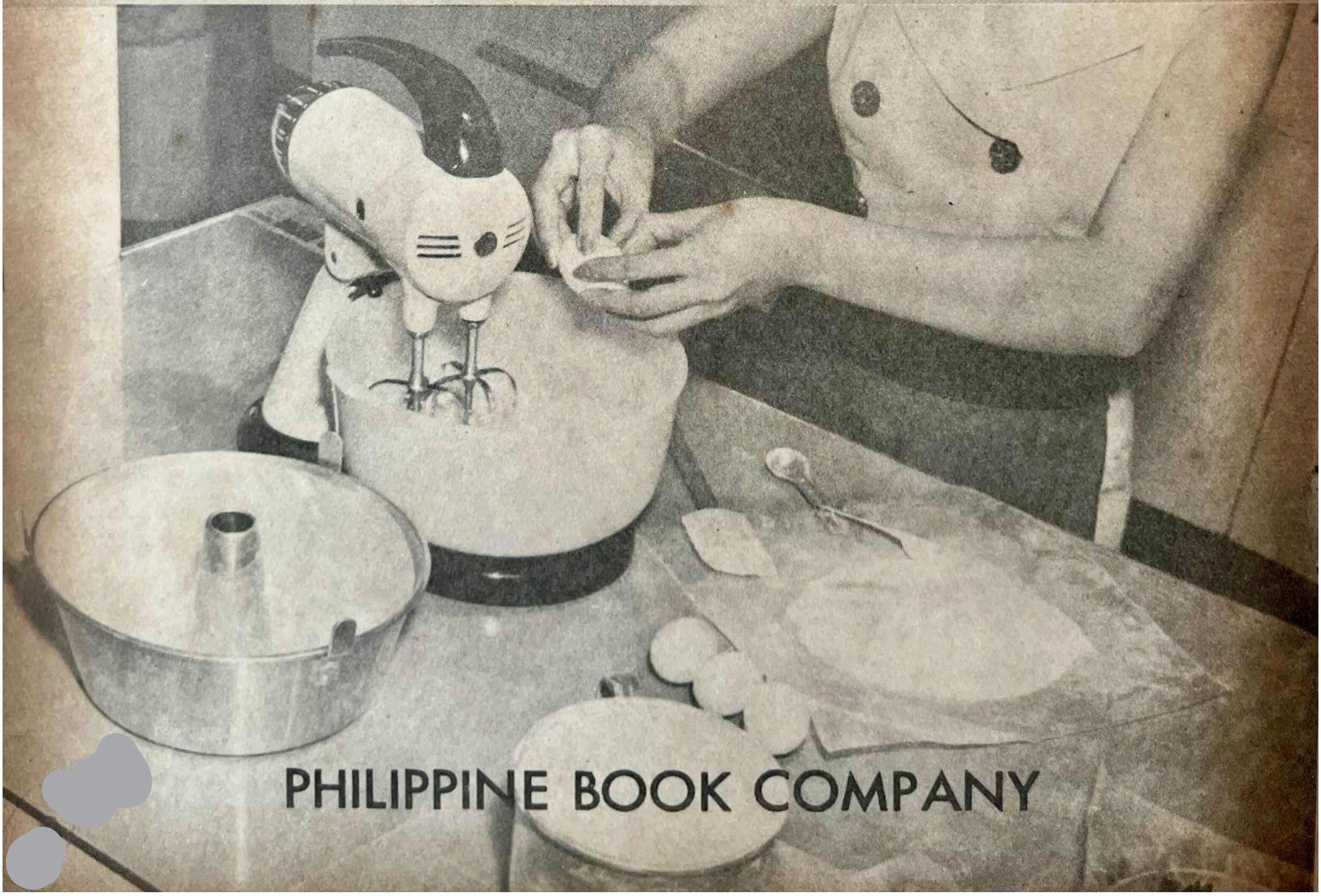
By M. J. Enriquez

FOREWORD

It has often been said that healthy families produce healthy communities and that healthy communities make a healthy nation. For this reason every family should strive to be healthy. Good health can be secured in many ways. Good food, sufficient sleep, adequate exercise, cleanliness, and regular habits of healthful living can help a person enjoy a full measure of health. Good cooking is a big help.



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PHILIPPINE BOOK COMPANY

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What shall we have for dinner . . .

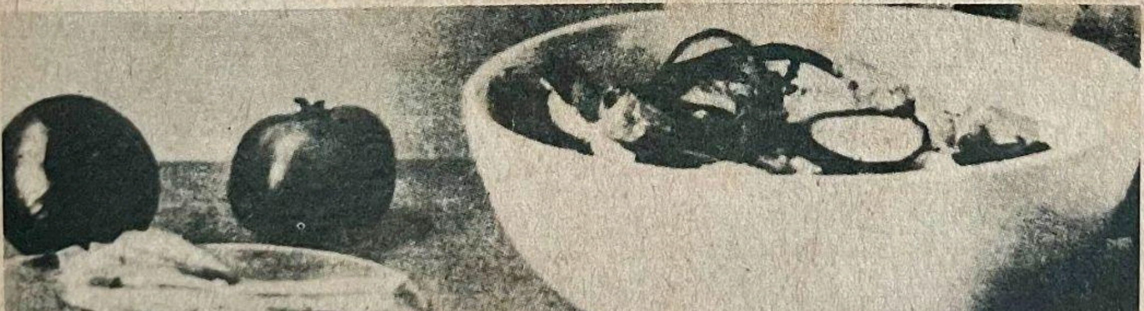
This is easy to answer after you have decided on the main dish.

The main dish is especially important in meal planning. It is the hub around which the rest of the meal is built, and often it carries a large proportion of the cost of the meal. Usually the main dish is the main source of protein—so essential to building and repairing body tissues.

In this booklet are recipes and suggestions on main dishes—easy to make, hearty, and economical. *Each gives four liberal servings.*

Besides tasting good and satisfying the appetite, these main dishes in general furnish about a sixth of the day's needs for protein. The remainder of the protein will come from milk used as a beverage, from cereals and bread, and from other foods eaten as part of the dinner and at the other meals of the day.

There are many kinds of protein, some more valuable than others. The proteins in meat, poultry, fish, eggs, milk, soybeans, peanuts, and wheat germ are high in quality. Other proteins, less valuable alone, can be improved when combined with high-quality proteins. When cereals and bread, potatoes, and other vegetables are teamed with milk, meat, eggs, fish, or soy flour, the combined protein values are high.



No one food is complete in all nutrients or exactly like any other food. Milk products are high in calcium while meats are low. Meat, poultry, eggs, and beans are good sources of iron but milk is low in it. One kind of B-vitamin abounds in meats, another kind in milk, and a third in whole grains. The best way to be sure of a good diet is to use all varieties of main dishes and wide choices of other foods to complete the meal.

And let's cook well and good.

MEAT AND PORK

BEEF COCIDO

1/2 kilo beef, cut into 8 pieces
1/2 kilo pork, cut into 8 pieces
1 chorizo de Bilbao
3 pieces of yellow camote, peeled and cut in halves
1/2 head cabbage, divided into six parts
3 eggplants, cut into halves
6 saba, small
1/2 cup beans, boiled until soft
1 cup tomatoes, chopped
1 cup onions, sliced
2 tablespoons lard
Salt and pepper to taste

Place beef, pork and chorizo in a pan. Add enough water to cover. Boil until done. When meat is almost done, add the vegetables and banana. Cook until done. Set aside. Saute the garlic in lard until light brown. Add onion, tomatoes, boiled beans and meat. Add 2 cups of broth and all the boiled vegetables. Season with salt and pepper and cook until done.

HAMBURGER CHOP SUEY

1 tablespoon margarine
1/4 cup thinly sliced onion
1/2 cup sliced Baguio beans
1/4 kilo ground beef
1 beef bouillon cube
1 tablespoon soy sauce
Dash of pepper
Dash of salt
1 tablespoon cornstarch
1 cup cooked rice

Cook onion and Baguio beans in melted margarine for about two minutes. Add beef. Cook beef for another minute or until beef loses its red color. Remove from the heat. Stir in bean sprouts, bouillon cube, soy sauce, salt, pepper and 1/2 cup water. Cook, stirring, until bouillon cube dissolves. Combine cornstarch with 1/4 cup cold water. Stir into beef mixture, stirring constantly until it boils and becomes thick and translucent. Serve over rice.

BRAINS—BREADED, CREAMED, IN CROQUETTES, SCRAMBLED WITH EGGS, IN SALAD

Wash brains, soak in cold water (with or without salt) for half an hour, then remove blood vessels and membrane. Whatever way brains are to be served they are easier to handle if precooked. To do this cover the brains with slightly salted cold water and simmer for about 15 minutes. Cool in the broth.

Breaded.—Drain the cooked and cooled brains and separate into fairly large pieces. Dip them into a beaten egg, diluted with 1 tablespoon of water, sprinkle with salt and pepper, then roll in finely sifted bread crumbs, and fry slowly in fat. Serve hot. Tomato sauce is good with breaded brains.

In croquettes.—Cook 1-1/2 pounds of brains as described and cool them in the broth. Drain the brains and cut into small pieces; sprinkle with salt, pepper, and flour; brown lightly in fat and remove from the frying pan. To get all the good flavor, rinse the pan with 1/2 cup of the broth in which the brains were cooked. Make a very thick sauce with 3 tablespoons of fat, 5 tablespoons of flour, 1 cup of milk, and the broth used to rinse the frying pan. Let the sauce stand until cold, then add the brains, and 3/4 cup sifted dry bread crumbs. Season the mixture to taste with salt and pepper, and if desired add chopped parsley, and paprika. Mold the mixture into croquette shapes or flat cakes, dip in beaten egg and crumbs, and fry in either shallow or deep fat, or bake.

Scrambled with eggs.—Cook about 1 pound of brains and cool them in the broth. Drain the brains, cut into small pieces, and brown in 2 tablespoons of fat. In the meantime beat 4 eggs with 1/2 cup of milk, and pour into the pan containing the browned brains. Cook slowly, stirring constantly until the mixture thickens. Do not overcook. Season to taste with salt and pepper. Serve on a hot platter. Garnish with parsley.

In salad—Cut cooked brains into small pieces, and mix with chopped celery and salad dressing. Serve on crisp lettuce.

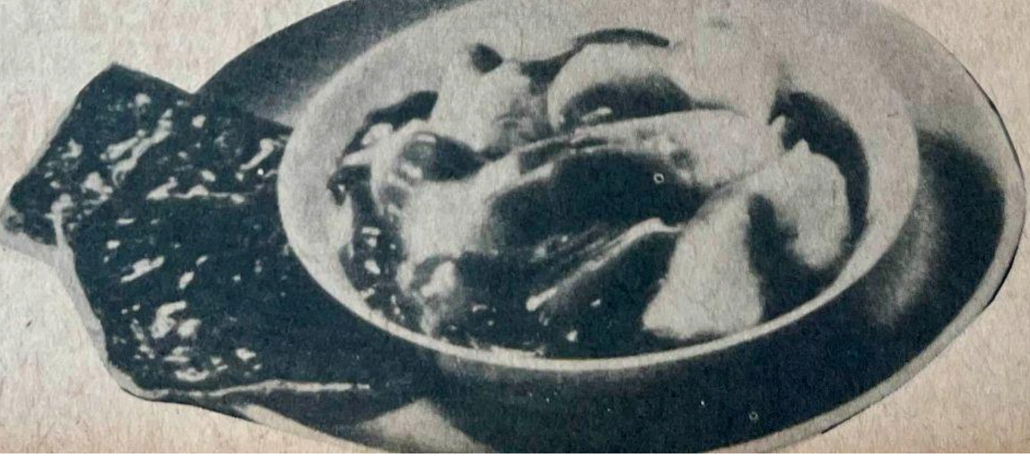
TRIPE—FRIED, BROILED, CREAMED

Select pickled or fresh tripes which has already been cooked, or simmer uncooked tripe in water for about 6 hours or until tender. If possible, let the tripe cool in the broth.

Fried—Cut cooked tripe into pieces for serving. Before frying the tripe dip it in a thin batter. Good proportions for this batter are 1 egg, 3/4 cup milk, 1 cup sifted flour, and 1/2 teaspoon salt. Or dip tripe in egg and bread crumbs, then let the coating dry before frying the tripe. Brown the tripe in 2 to 3 tablespoons fat. Serve hot. If desired, garnish with parsley and slices of lemon.

Broiled—Cut cooked tripe into pieces for serving. Dip the pieces in melted fat, and brown them on both sides in the broiler. Serve hot, garnished with parsley and slices of lemon if desired.

Creamed—Cut cooked tripe into inch squares or into finger lengths, brown lightly in 1 to 2 tablespoons fat, and serve in medium white sauce, seasoned to taste.



SPLEEN STEW

4 cups diced cooked spleen
1 onion, chopped
2 tablespoons fat
2 tablespoons flour
1 cup spleen broth
1 cup water
Salt and pepper to taste
1/4 teaspoon thyme
1/4 teaspoon celery seed

Select a beef spleen, or 5 or 6 pork spleens. Wash spleen and remove the thin outer skin and fat. Put spleen on a kettle to cook in water to cover and simmer until tender. Beef spleen will probably require 3 hours, and pork spleen 2 hours. If possible, let the meat cool in the broth. Cut the cooked spleen into inch cubes.

Cook the onion in the fat for a few minutes, then add the flour and stir until blended. Gradually add the spleen broth and water, stirring constantly over low heat, and cook until smooth. Season to taste with salt and pepper, and if desired add the thyme and celery seed. Lastly add the cooked spleen and heat thoroughly. Serve piping hot.

OXTAIL SOUP

2 or 3 oxtails
Fat
Bay leaf
1 quart diced vegetables
Salt and pepper to taste

Wash the tails and cut into short lengths. Brown the pieces in fat, put them into a large kettle, cover with water, add a bay leaf, and simmer until the meat is tender enough to fall off the bones. Strain off the broth, and to it add diced vegetables, such as a mixture of onions, carrots, turnips, and potatoes, and cook slowly until the vegetables are tender but not broken. Chop up the meat and serve in the soup. Season to taste.

HAM AND VEGETABLE CHOWDER

2 cups diced raw potatoes	**2 cups ham liquor**
1 cup chopped cabbage	**1 pint milk**
1 onion, chopped	**1 cup chopped cooked ham**
1 green pepper, chopped	**Salt and pepper**

Boil the vegetables in the ham liquor until they are tender. Then add the milk and ham. When heated, season to taste with salt and pepper.

With wheat — Follow the recipe above but instead of the vegetables listed use 2 cups of cooked cracked or whole-grain wheat, 2 cups of diced raw carrots, and a slice of onion. Add more milk or ham liquor if needed.

SAFARI STEAK

1 inch thick steaks	**salt and pepper to taste**
2 tablespoons lard	

Pan-fry steak quickly in hot lard. Turn once during the cooking and season with salt and pepper as steak browns. Prepare American Sauce:

1 tablespoon minced onion	**2 tablespoons lard, melted**
1/2 teaspoon French mustard	

Mix together onion and mustard in lard. Then pour sauce over steak and serve garnished with browned potato, string beans, carrots and mushrooms. Serve a bowl of brown mushroom sauce separately, if you like.

EMBUTIDO

1 can sausage, diced Vienna
1 kilo ground pork
1 cup bread crumbs, soaked in 1/2 cup milk
3 pcs. chorizo de Bilbao, chopped fine
3 eggs, beaten
3 tbsps. sweet pickles, chopped fine
1/2 cup seedless raisins
1/2 cup cheese, diced
Salt, pepper and vet-sin to taste
Carrot flowers for garnishing

Mix all ingredients. Wrap up in a clean piece of cheese cloth and tie securely at both ends. Sew up opening. Place in saucepan with just enough chicken or meat broth to cover. Bring to boil and simmer until done. Cool. Wrap before serving, slice into pieces and serve with liver or tomato sauce. To make sauce boil broth in which roll was cooked, simmering it down to desired quantity. Thicken with liver pastes or tomato puree and season to taste with salt and pepper.

CHICKEN

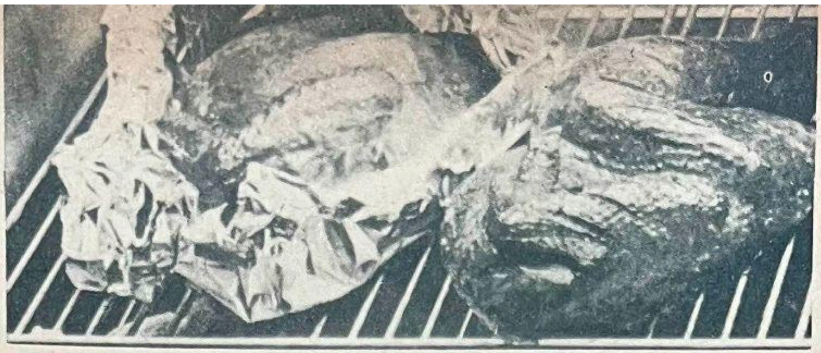
CHICKEN AND PORK ADOBO

2 lbs. pork with fatty rind
1 2-3 lb. chicken
1/2 cup native vinegar
1-2 bay leaves
2 tablespoons dark soy sauce
3-4 cups water
lard for frying
1 small tin liver pate (optional)
salt to taste
4 cloves garlic, crushed and skinned

Cut pork and chicken into bite-sized portions; the pork into slices about 1-1/2 inches thick, the chicken into sections. Set aside. Combine vinegar, soy sauce, peppercorns, garlic, and bay leaves in a deep dish. Marinate pork and chicken pieces in the mixture for at least two hours. Keep turning so that the meat pieces soak properly.

To cook, place chicken and pork slices (including liquid used for marinade) into deep enamel pot (traditionalists prefer clay pots for this purpose rather than the aluminium ones because vinegar and aluminium create a potentially hazardous combination). Add 2 to 3 cups water; or enough water to cover and tenderize the meat. Simmer over medium heat until chicken and pork slices are tender.

Occasionally, you'll find that the chicken pieces tenderize much faster than the pork, in which case it is advisable to remove the chicken from the pot and set it aside while the pork cooks. Chicken liver may be served whole, or mashed in the pot to thicken the gravy base. If chicken liver is to be retained whole, a small tin of liver pate makes an excellent substitute for thickening the gravy.



When both the pork and chicken pieces are tender and the liquid in the pot has evaporated to light-gravy consistency, remove them from the fire and drain, storing the gravy for later use. Heat oil in frying pan and fry the chicken and pork pieces until they are brown. Return them to the pot and serve with gravy.

Adobo should be salty sour. Test it for taste before removing it from the fire and add salt or vinegar as necessary. When adding vinegar beyond the initial stages of cooking, make sure the pot comes to full rolling boil before removing the dish from the fire.

CHICKEN ALMOND MOUSSE

1	**4-to 5-pound stewing chicken, cut up**
4	**cups hot water**
1	**tablespoon salt**
1	**onion, sliced**
1-1/2	**tablespoons gelatine**
3	**cups chicken broth**
1	**teaspoon salt**
1/2	**teaspoon pepper**
1	**teaspoon onion, finely chopped**
3	**egg yolks well beaten**
1/4	**cup stuffed olives, sliced**
1/4	**cup chopped blanched almonds**
3	**cups chopped cooked chicken**
1	**cup heavy cream, whipped**

Simmer chicken, hot water, salt and onion until chicken is fork-tender, about 3-1/2 hours. Cool chicken and broth separately. Remove chicken from bones and chop coarsely. Soften gelatine in 1/2 cup cold chicken broth. Heat remaining 2-1/2 cups broth with salt, pepper and onion in top of double boiler. Stir a little of the hot mixture into egg yolks and then combine with rest of hot mixture. Cook and stir over boiling water until thickened and smooth. Add softened gelatine. Cool until the consistency of unbeaten egg white. Fold in olives, nuts, chopped chicken and cream. Pour into greased 1-1/2-quart mold. Chill several hours until firm. Unmold on chilled plate. Garnish with melon balls and strawberries if desired. Serves 6.

BRAISED STEAKS, CHOPS, AND POT ROASTS

Braising in a tightly covered pot or pan combines browning with steaming and stewing and develops rich flavor in meat. Braising is a good way to cook all less tender meat. It is also good for pork chops and for tender cuts of beef, lamb, and veal that are too lean for open-pan roasting and broiling.

The quantity of steaks or chops to allow per person to be served depends largely on individual choice and on the cut of meat selected, hence has been omitted in some of the recipes. For pot roasts, an allowance from 1/2 to 1 pound of the untrimmed cut, depending on how much bone it contains, is suggested.

BEEF BIRDS

2 pounds beef round steak
1/2 cup chopped celery and leaves
1 onion, chopped
4 tablespoons fat
2 cups soft bread crumbs
Salt and pepper to taste
Herb seasoning, if desired

Have the round steak sliced about 1/2 inch thick. Cut it into strips 2 to 3 inches wide and about 4 inches long. Pound the pieces to flatten them and help make the meat tender. For the stuffing, cook the celery and onion in 2 tablespoons of the fat for a few minutes, add the bread crumbs and seasonings, and mix thoroughly. Put stuffing on each strip of meat, roll, and skewer or tie in place. In the remaining 2 tablespoons of fat, brown the birds slowly on all sides, then cover and cook until tender in a moderate oven (350° F.)—allow about 1-1/2 hours. Or, finish the cooking on top of the stove. Serve the pan drippings with the meat.

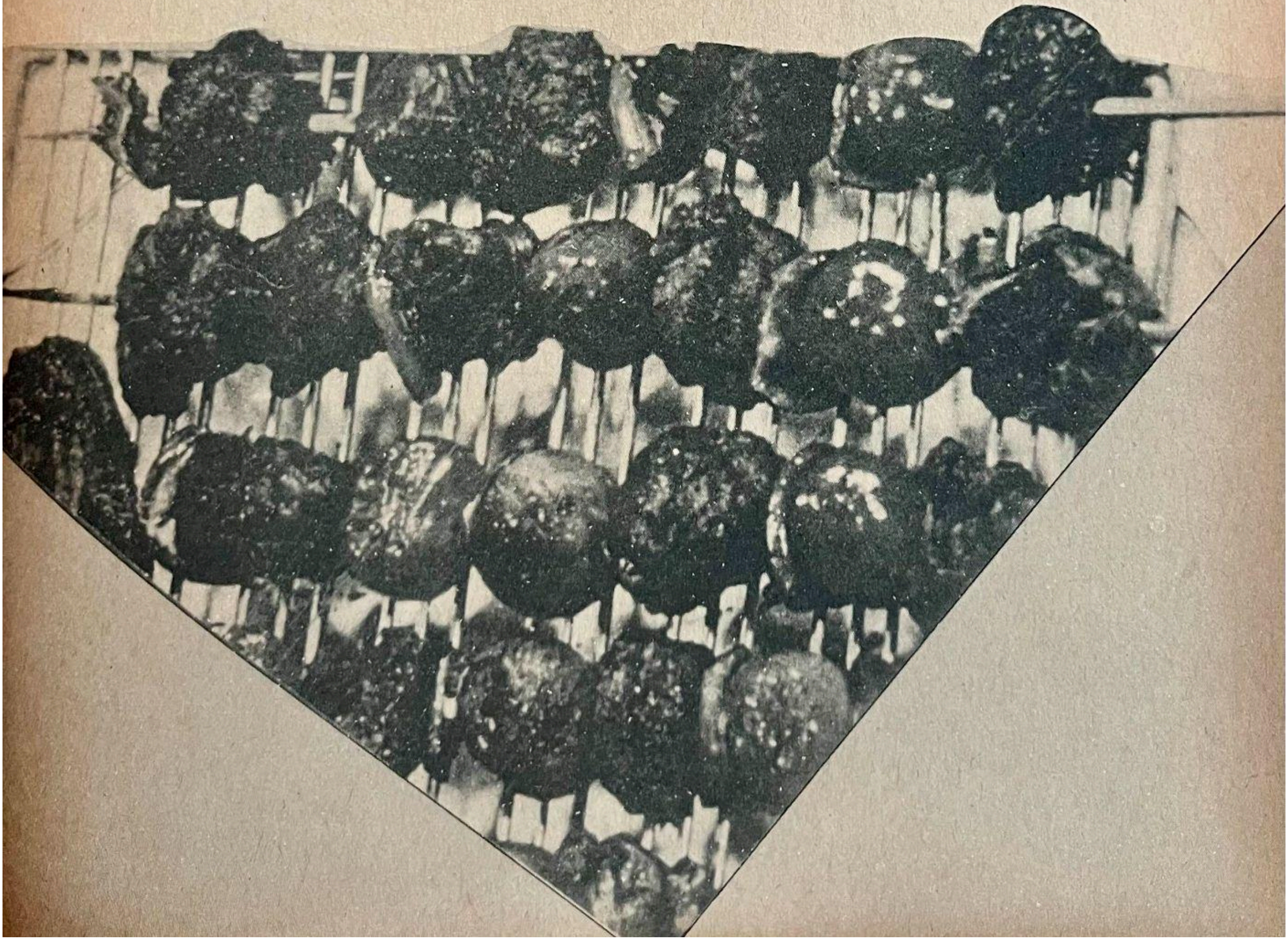
STUFFED BEEF FLANK STEAK

Flank steak of beef
1/2 cup chopped celery and leaves
1 small onion, chopped
4 tablespoons fat
1-1/2 cups soft bread crumbs
Salt and peper to taste

Select a large flank steak or two small ones, not cut or scored. For the stuffing, cook the celery and the onion in 2 tablespoons of the fat for a few minutes, add the bread crumbs, and season with salt and pepper. Spread the stuffing over the steak. Beginning at one side of the steak, roll it up like a jelly roll, and tie securely in several places with clean string.

Brown in 2 tablespoons of fat in a heavy frying pan or a baking pan, on top of the stove. Turn the meat frequently until browned on all sides. Slip a rack under the meat in the pan, cover closely, and cook until tender in a moderate oven (350° F.) —about 1-1/2 hours.

Start the carving at the end of the roll and cut across the grain, so that each serving is a round slice with the stuffing in the center.



SWISS STEAK

For Swiss steak select about 2 pounds of beef from the rump, round, or chuck, or a slice of veal, cut fairly thick. Season the meat with salt and pepper, sprinkle with flour. Pounding helps to make the meat tender. Cut the steak into individual portions and brown in suet or other fat in a heavy frying pan or kettle. Then add canned or sliced tomatoes, or water to cover. Partly cover with a lid and simmer for 2 to 2-1/2 hours, or until the meat is tender enough to cut with a fork. Serve the gravy over the meat.

With macaroni (as Spanish Steak). — Follow the recipe above using 1-1/2 pounds of meat, and a quart of tomatoes as the liquid. Cook 1/2 pound macaroni in boiling, salted water until tender, and drain. Brown 1/2 cup chopped onion and 1 large chopped green pepper in fat. Add the macaroni, onion, and pepper to the tomato gravy, and serve over the meat.

Smothered with onions. — If the steak is from the round, rump, or chuck, or if it is a flank steak, follow the recipe for Swiss steak, and add sliced onion during the last half hour of cooking.

If it is a beef porterhouse or sirloin steak, but very lean, brown it on both sides in suet, or other fat; then remove from the pan. Brown sliced onions in the same pan. Put the steak back, cover with the onions, sprinkle with salt and pepper, put a lid on the pan, and cook slowly for about 15 minutes.

BRAISED CHOPS WITH NOODLES OR RICE

For braising, use veal or very lean lamb or pork chops. Cut through the edges in several places to prevent curling. Sprinkle the meat with salt, pepper and flour, and brown in fat. Cover the pan, and finish the cooking slowly for 1/2 to 3/4 hours, or until the meat is tender. Serve the chops and drippings on a platter with a border of boiled noodles or rice.

CURED PORK WITH SWEETPOTATOES

1-1/2 pounds sliced ham or shoulder
3 cups raw sliced sweetpotatoes
2 tablespoons sugar
1 cup hot water
1 tablespoon drippings or other fat

Cut the ham or shoulder into pieces for serving. If the meat is very salty, parboil it in water and drain. Brown the meat lightly on both sides and arrange the pieces to cover the bottom of a baking dish. Spread the sliced sweetpotatoes over the meat, sprinkle with sugar. Add the hot water to the drippings in the frying pan and pour over the sweetpotatoes and meat. Cover the dish and bake slowly until the meat and sweetpotatoes are tender, basting the sweetpotatoes occasionally with the gravy. Toward the last, remove the lid and let the top brown well.

MEAT TURN-OVER

Season chopped cooked meat with onion and celery or parsley, moisten slightly with gravy, broth, tomatoes, or chili sauce. Add salt and pepper to taste. Make a rich dough. Roll out portions of the dough in rounds about 6 inches in diameter. On each round place some of the meat filling, fold the dough over and pinch the edges together to make turn-overs. Bake until brown in a hot oven (about 425° F.).

CURRY OF MEAT

1 onion, sliced
3 tablespoons meat drippings or other fat
3 pints sliced tart apples or green tomatoes
3 cups chopped cooked meat
Meat broth or gravy
Curry powder
Salt

Cook the onion in the drippings or other fat. Add the apples or green tomatoes, cover, and cook until tender. Add the meat (pork, lamb, veal, or beef) and heat thoroughly. If the mixture is too thick, thin it slightly with meat broth, gravy, or water. Season to taste with curry powder and salt. Serve with flaky boiled rice, or with noodles.

DINUGUAN

3 cups entrails (including heart, liver, kidney) and belly pork
1-1/2-2 cups pork blood
1/2 cup native vinegar (wine or malt vinegar may be substituted, but reduce the amount when using malt vinegar)
1 cup salted water (about 1 teaspoon salt), to combine with vinegar
3-1/2 cups water
1 onion, quartered
3 sections garlic, crushed
2-3 red or green hot chillies
1 tablespoon salt or to taste
oil or lard for frying
dash pepper

Clean entrails thoroughly. Cut into half-inch pieces. Put in saucepan with vinegar and water mixture and cook until tender. Meanwhile, fry garlic and onion. Pour the entrails, the vinegar-water mixture where the entrails had been boiled, and the pork blood. Let boil until done. Season to taste. Add the chillies just before removing from fire. Serve hot or cold.

PORK TOWERS

3-1/2 inch slices of pork or ham

Bread Stuffing:

2 cups dry bread crumbs
2 tbsps. chopped onion
1/2 cup chopped apple
Salt and pepper to taste
Hot water to moisten

Season pork steak with salt and pepper, dip in flour, and brown in a little fat. Cover each piece with thinly slice unpared apples, then with bread stuffing. Place in a frying pan, cover and cook over low heat for one hour.

Each steak will make two servings.

PUTSERO FILIPINO

1/2 k. beef cut into cubes 1-1/2 inch
1/2 k. beef bones
1 chicken cut into quarters
2 large camote — boiled
3 bunches pechay — cut in halves
1 c. garbanzos — boiled
1 chorizos
4 saba bananas-cut

Soak for 1/2 hour the beef and the bones in cold water. Bring into a boil and then lower the fire and cook over a low flame until the meat becomes tender. Add the chicken, chorizo and garbanzos. When the chicken becomes tender, add the bananas and the pechay. Remove the skin of the boiled camotes and cut into quarters. Add this to the chicken and beef stew seasoned with patis. Place the vegetables and meat on a platter, and serve the broth in cups.

KARI - KARI

- 1 calf's leg (pata) well cleaned
- 2 bundles of sitaw (cut 2" long)
- 1 banana bud — sliced fine (crosswise)
- 2 tbsp. seeds of atswete (in 1/2 c. of water)
- 5 eggplants cut to 1" square
- 1 onion
- 5 tbsp. lard
- 1/2 c. water
- 3 tsp. garlic
- 1/2 powder
  Toasted rice
- 1 c. toasted peanut crushed fine or peanut butter

Boil enough water to clean the calf's leg. Cut it into desired length. Clean and wash it thoroughly and put in the saucepan. Cover it with water and boil it until tender and set aside. Saute the garlic, onion in the frying pan together with calf's tender leg. Add a pinch of salt to the mixture and let it boil. Then add the slice of banana bud. When it becomes tender add the eggplant together with the sitaw. Extract the coloring from the atswete of about one cup and add it to the mixture. Add peanut and powdered rice stirring it thoroughly to avoid sticking.

It is nice and good when eaten with sauted bagoong alamang with pork.

EMBUTIDO

- 1/2 k. ground pork
  Salt and pepper to taste
- 4 tbsp. flour
- 1 egg
- Chorizos de Bilbao
- Sliced pickles
- Hard boiled eggs

Grind 1/2 k. pork, add salt and pepper to taste. Mix together 4 tbsp. of flour and 1 egg. Take a piece of clean cloth and put sliced pickles; chorizos de Bilbao and hard boiled eggs. Now form it into a roll and wrap it in the cloth. Tie both ends of the cloth and boil it in the broth. When done put it inside the refrigerator overnight. Unwrap it before serving and slice. It's palatable when served with tomato sauce or tomato catsup.

FISH RECIPES

FISH IMPERIAL

1 Lapu-lapu
1 cup Mayonnaise
1 tbsp. refined sugar
1/2 cup green pepper, diced
1/4 cup celery, diced
Salt to taste

Clean and salt the Lapu-lapu. Fry in oil until cooked. Prepare the sauce. To 1 cup mayonnaise add 1 tbsp. sugar, pepper and celery. Season with salt. Blend thoroughly at the time of serving, place the fish on a tray and pour sliced oranges and red tomatoes.

SALMON, RICE, AND TOMATOES

2 cups cooked or canned tomatoes and juice
1/4 cup diced onion
1/4 cup diced green pepper
2 tablespoons bacon fat or meat drippings
1-1/2 cups boiling water
Salt and pepper
1/3 cup rice, uncooked
1/4 cup chopped olives if desired
2 cups flaked canned or cooked salmon

Combine tomatoes, onion, green pepper, fat, water, salt, and pepper in a large saucepan. Bring to boil. (2-1/2 cups raw tomatoes, cut in pieces, may be used instead of 2 cups cooked.)

Add rice and simmer until rice is tender—20 to 25 minutes—adding more water if needed.

Add olives and fish and cook 2 or 3 minutes longer to blend flavors.

Serve with baked squash, a green vegetable in salad or cooked, with cream pie for dessert.

Other cooked fish may be used in place of salmon.

One cup of cooked rice may be used instead of the uncooked rice. Omit boiling water. Add the rice, olives, and fish as soon as the vegetables are tender and cook 5 or 10 minutes longer.

Celery may be used instead of the green pepper.

ESCABECHE

1	fish large enough for 2 servings	3	T. vinegar
1-1/2	t. salt	1	medium-sized onion
3	T. fat	2	cloves garlic
2	cm. cube ginger	1-1/2	T. brown sugar
		4	T. water

Prepare the fish for cooking. It may be left whole, or it may be sliced into sizes suitable for serving. Rub 1 t. of the salt on the fish and allow to stand for about 10 minutes.

Meanwhile scrape off the outer thin covering of the ginger, wash, and cut into thin strips; cut the onion and the garlic into very thin slices.

Fry the fish until done and slightly brown — about 15 minutes. Remove it from the frying pan.

In the remaining fat, fry the garlic, the onion, and the ginger for about 2 minutes. Add the vinegar, water, sugar, and the remaining salt, and bring the mixture to a boiling point. Add the fish to the mixture and simmer for 4 or 5 minutes.

Escabeche may be served hot or cold depending on one's preference.

FRIED FISH WITH SPICE SAUCE

Clean and dry a whole fish. Fry the fish in deep oil until it is done.

Make a sauce with 3 tablespoons soy sauce, 3 tablespoons cooking oil, 1 tablespoon sugar, 3 tablespoons shredded green onion, 2 tablespoons shredded ginger in a saucepan. When cooked, pour over the fried fish and serve immediately.

SINIGANG NA BANGUS

1 medium-sized bangus, cleaned and sliced into pieces
15 stems, kangkong, cut 2" long
3/4 cup green tamarind
1 tomato
2 stems pepper leaves
1 cup sitao cut 2" long
4-1/2 cups rice water
Salt to taste

Boil tamarind in 2/3 cup rice-water for 5 minutes. Press the tamarind with a spoon and return it to the boiling water. Add the sliced tomatoes. After a while add the sitao, then the fish, kangkong and pepper leaves. Salt to taste and cook until tender.

SARDINA PILIPINA

20 medium-sized hasa-hasa
5 tbsps. olive oil
3 tbsps. vinegar
1 can tomato sauce
1 or 2 native pepper
Salt to taste

Clean the fish well and arrange in a pot. Pour vinegar, salt and 2 tbsps. water. Boil in a moderate heat until water dries.

Heat olive oil and bring to a boil. Combine tomato sauce and native pepper and let boil for 5 minutes more. Put the cooked fish. Remove from fire and serve.

ESCABECHE (Chinese)

- 1 medium-sized fish (preferably garoupa)
- 1 onion cut into small wedges
- 2 sections garlic, sliced thin, diagonally
- 1 thumb-sized piece ginger, sliced thin and then cut in small strips
- 1 red bell pepper, cut into strips
- 1 red chilli, sliced diagonally
- 3 tablespoons vinegar
- 1/3 to 3/4 cup water
- 1 tablespoon corn starch salt
- 2 tablespoons dark soy sauce fat for frying, 3 tablespoons sugar (or to taste)

Clean fish and sprinkle with salt (inside stomach cavity and on outer skin). Let stand for a few minutes. Meanwhile fry ginger, garlic and onion together. Add sliced bell pepper, sliced chilli. Fry for a few minutes. Add water, soy sauce, vinegar,sugar and salt. Test for taste (must be sweetish-sour-salty), adjust seasoning as necessary. Simmer for a few minutes to blend properly..

Meanwhile, add enough water to cornstarch to make very thin paste. Add to sauce mixture, stirring constantly to avoid lumpiness. Cook until mixture thickens, and set aside. Drain fish and pat dry with absorbent paper. Fry in hot fat until brown and crisp. Remove to platter and pour sweet-sour sauce over it. Garnish with chopped onion tops and parsley.

SINIGANG NA SUGPO

4-6 large prawns, 2 medium-sized tomatoes, 1 onion, 1/4 lb. "kangkong" leaves with part of tender stems; or same amount of sweet potato greens (*kangkong*, known as *Ng Choy* in Chinese, is a green leafy vegetable that grows in swampy areas. It resembles spinach somewhat but has larger, hollow stems). Pluck leaves off stalk and cut tender portion of stalk into two-inch lengths.

1/4 lb. long or string beans cut into two-inch lengths; or if preferred, just cut into two. 8 green tamarind pods (if unavailable, add 2 more tomatoes to list given above and substitute the juice of half a lemon to acidify soup); 4 cups of water. Salt to taste.

Chop off whiskers and spiny section of prawn head without removing the head (shell and head of prawn must be retained). Set aside. Boil in small saucepan about 1/4 cup water with tamarind pods until pods become tender enough to mash. Mash tamarind pulp and remove seeds and shell. Strain. Boil in larger saucepan the remaining water and add the tamarind mixture. Bring to full rolling boil. Add tomatoes (cut in quarters and onion). Add vegetables. Continue boiling until vegetables are nearly done (not soft and soggy), add prawns.

Simmer just until colour changes to bright red. Add salt to taste. Serve hot either as a soup (removing vegetables and prawn for serving later) or as a complete vegetable seafood dish in a deep soup plate.

STUFFED PUSIT

This is a recipe to challenge your patience. Stuffed Pusit is rewarding although you may find it difficult to squeeze and wash the squid's ink. Try it today. You won't have a hard time looking for squids in the market.

6 medium sized fresh squids
1/2 kilo diced shrimp
1 cup diced celery
1/4 cup onion
1/4 cup tomatoes
1 tsp. refined sugar
1/2 Worcestershire sauce
1/2 tsp. vinegar
1 clove garlic
Salt to taste

Clean the squids. Remove the tentacles to separate the stomach. Cook in vinegar, salt and small amount of water. Boil for a few minutes.

Sauté garlic in 4 teaspoons oil. Add onion, tomatoes and shrimp. Cook for 5 minutes. Add celery, potatoes and sugar. Add seasoning.

Stuff the squid with the cooked mixture. Sew the opening or insert toothpick. Place squids on broiler pan. Brush with oil. Broil slowly until light brown. Serve on a bed of parsley.

ADOBONG ALIMANGO

6 female crabs
5 tbsp. lard
5 tbsp. vinegar
1 head garlic, crushed
Salt and pepper to taste

Wash the crabs very well. Cut into two. Put in a casserole then add vinegar, garlic, salt and pepper. Simmer until crabs are half-cooked. Add lard and continue cooking until done.

ADOBONG HIPON

- **2 kilos shrimps "swahe" about 3 inches long**
- **5 tbsp. vinegar**
- **1 head garlic, crushed**
- **Salt and pepper to taste**
- **5 tbsp. pork's lard**

Wash the shrimps well. Shell.

Put shrimps in a casserole. Add vinegar, garlic, salt and pepper to taste. Boil mixture for about 2 minutes. Add lard and continue simmering for another 2 minutes more.

SHRIMP WITH CREAM

- **1/2 kilo shrimps (about 2 inches in length)**
- **3 tbsp. butter or oil**
- **Salt and pepper to taste**
- **Evaporated milk**
- **3 tbsp. Queso de bola**

Cook shrimp in a little water and salt. Shell.

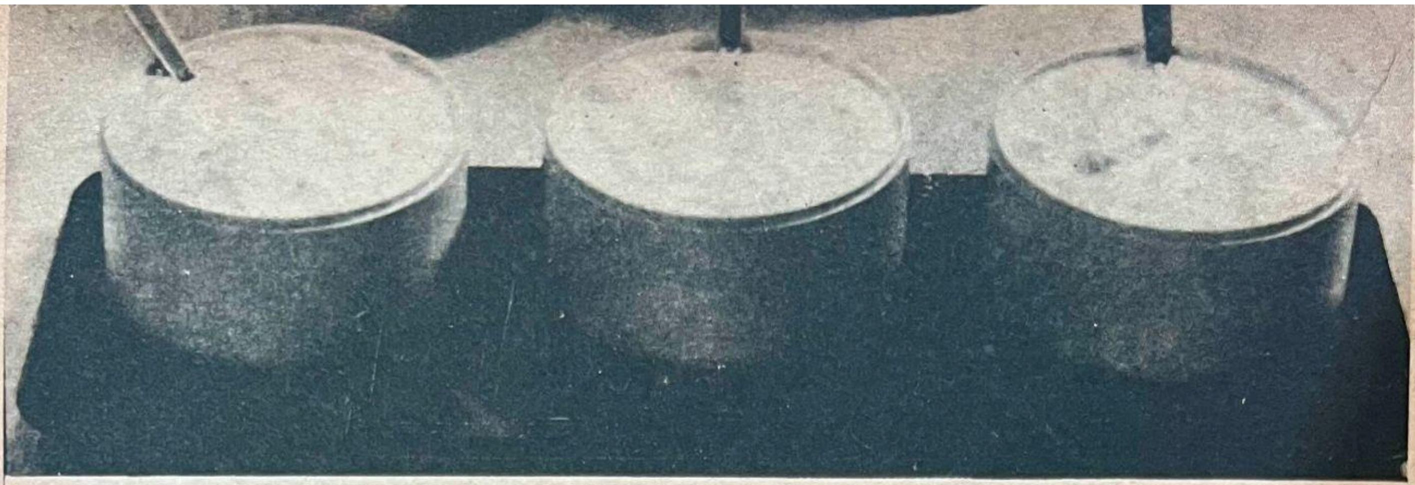
In a frying pan, heat butter or oil. Fry shelled shrimps very lightly for about 2 minutes. Season with salt and pepper. Pour milk enough to cover shrimps and stir well until liquid becomes thick.

Just before serving, sprinkle grated cheese over the mixture. Serves 6.

HAM-MUSTARD SOUP

- **4 cups meat or chicken stock**
- **12 thin slices ham, cut into strips**
- **3-4 mustard leaves, cut into 1/2 inch pcs.**
- **vetsin**
- **Salt to taste**

Put broth and ham together in a casserole. Simmer for about 15 minutes or until ham is cooked. Add mustard leaves, vetsin and salt to taste. Continue cooking for about 3 minutes more. Serve hot.



RICE PREPARATIONS

ARROZ A LA FILIPINA

6 tbsp. cooking oil
1 tsp. macerated garlic
4 tbsp. chopped onion
1 cup tomato sauce
2 cups clam and pork stock (broth)
1 cup cooked, sliced lean pork
2 med. sized green peppers, dried
1 cup cooked, shelled clams
2 cups cooked plain rice) mix
2 cups cooked malagkit)
Salt and pepper as desired.
2 tbsp. margarine
lettuce leaves
6 saba bananas, peeled, sliced, and fried
2 hard boiled eggs, sliced crosswise

Saute garlic, onion and tomato sauce in cooking oil. Add pork and clams and cook a while. Add stock (broth) and stir. Add green pepper. Season with salt and pepper. Add cooked mixed rice and blend well. Cook a few minutes until sauce is absorbed by rice.

Grease a mold with margarine. Mold rice mixture. Turn upside down on a bed of lettuce on platter. Surround with fried bananas. Top with boiled egg slices.

ARROZ CALDO WITH GOTO

1 c. enriched rice
1 small onion
2 seg. garlic
1 pinch pepper
2 c. boiled goto
2 tbsp. patis
2 stalks onion leaves

Clean the goto and cook until tender. Add the rice to the liquid where the goto has been cooked. Cook the rice to a porridge consistency. Then add pepper, goto, onions and patis. Also fry the garlic until brown and scatter on top of the gruel together with the finely shredded leaves of onion just before serving. It tastes very delicious especially when served hot.

SPAGHETTI A LA ITALIANA

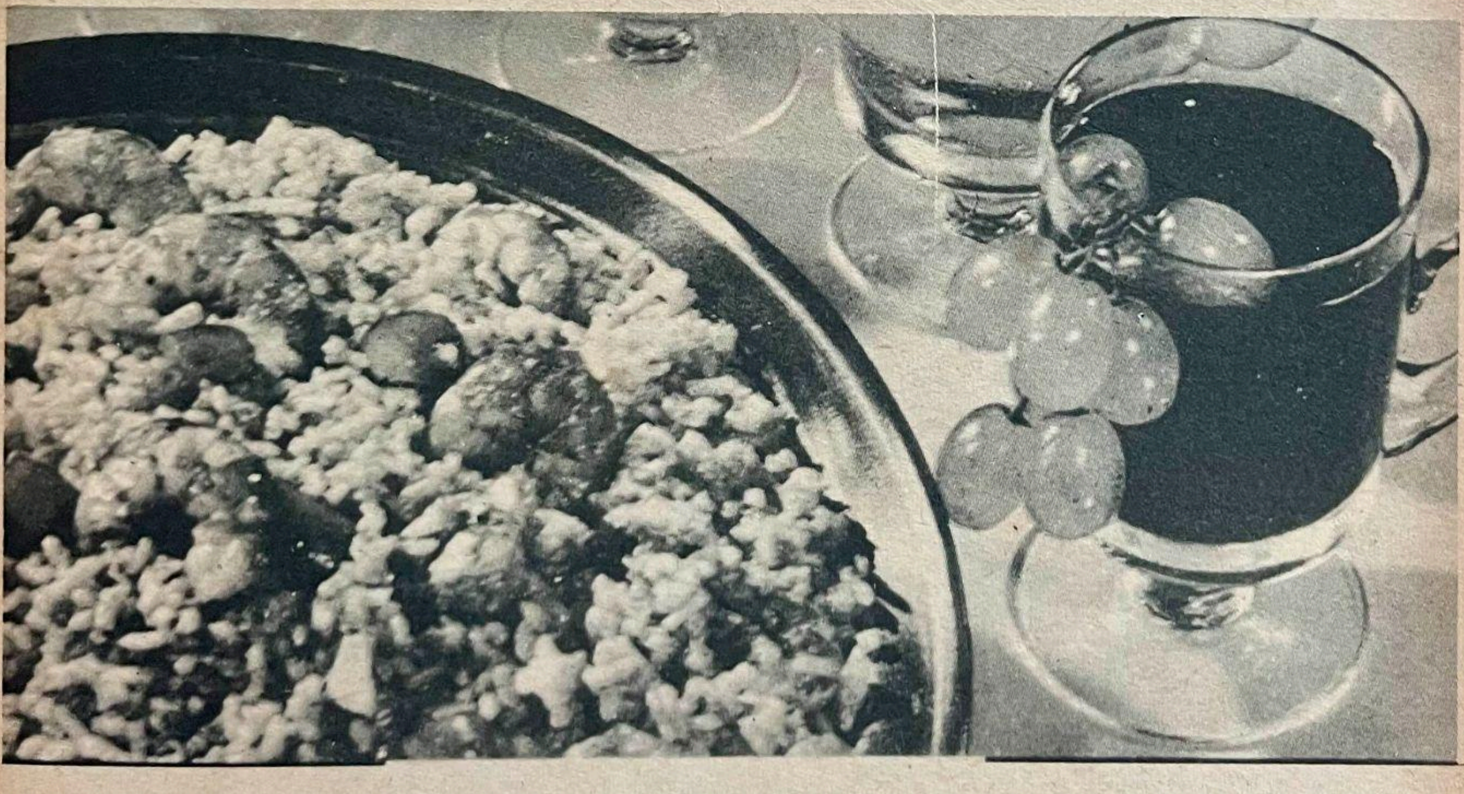
1 package spaghetti	4 c. brown stock
1 c. tomato sauce	1-1/2 c. ground beef
1/2 c. chopped onion	1-1/2 c. grated cheese
6 tbsp. butter	

Boil the brown stock. Add the spaghetti and cook for about 25 minutes. Then set aside. Add the ground beef and cook for 7 minutes. Melt the butter and add tomatoes and onion cook for 3 minutes; add ground beef and cook for 7 minutes more. Add spaghetti and cheese. Serve hot. Service for 12 persons.

SALMON MACARONI SALAD

1/8 oz. can salmon	1 c. shell macaroni (cooked)
2 c. peas	
1/3 c. mayonnaise	

Drain the salmon and remove skin and bones. Combine salmon with macaroni, peas, then chill. Add mayonnaise; toss lightly and season to taste. Arrange in lettuce line bowl; garnish with hard-cooked egg slices and serve on crisp lettuce.



SPAGHETTI

1 small box spaghetti
2 quarts salted boiling water
1 tablespoon butter or margarine
3 cloves garlic, chopped
1 big onion, chopped
1/2 kilo ground beef
1 red pepper, chopped
1/2 tablespoon tomato paste
1 eight-oz. can tomato sauce
1 bayleaf, crushed
4 teaspoons salt or to taste
1 tablespoon sugar
1 teaspoon Worcestershire sauce
1 tablespoon vetsin
Pinch pepper
1 cup shredded cheddar cheese (4 oz.)
Garnish

Slowly dip ends of spaghetti into boiling water. Push it down into the kettle as it cooks. Continue to boil uncovered until a piece rubbed with the finger-tips parts easily.

Turn into strainer or colander. Allow cool water to flow freely over spaghetti. Drain well.

Heat butter in frying pan. Saute garlic, onion and beef. Add remaining ingredients except cheese and garnish. Simmer covered, until cooked. Pour hot mixture over spaghetti and top with shredded cheddar cheese. Garnish as desired or with green pepper rings, sliced stuffed olives, and sprigs of parsely.

PAELLA

1 spring chicken
1/2 kilo lean pork
1/2 kilo shrimps
2 chorizos de Bilbao
strips of Chinese ham
1 small bole olive oil
1 can tomato paste
2 onions, sliced
3 cloves garlic, crushed
Pimientos morrones
Hard-boiled eggs
6 small crabs
1/3 malagkit rice
2/3 cup ordinary rice
1 cup halaan
1 cup shrimp juice
3 cups of broth
3-1/3 tsps. soy sauce
Dash of pepper

Heat oil in skillet; fry sliced chorizo till slightly brown; set aside. Fry garlic till brown. Add onions and continue frying till tender. Mix chorizo, shrimps, onion and garlic together. Add the sliced ham, pork and chicken. Let simmer awhile. Add salt to taste. Add ham and cook for sometime. Next add shrimp juice, stirring all the while to prevent curdling. Cover and bring to a boil. Add tomato paste. Let simmer awhile. Add broth and cover. Cook till pork and chicken are tender. Add the rice, mix well and cover. Cook till rice is tender. Serve on platter garnished with cooked crabs, hard-boiled egg slices and pimientos morrones.

GRAVY

CREAM GRAVY

The pan drippings and little brown bits remaining in the frying pan used for hamburg steak, meat patties, or chops are a good start for cream gravy.

For thickened gravy, mix 2 tablespoons flour with 2 tablespoons of the drippings in the frying pan. Add gradually with constant stirring 1 to 1-1/2 cups of cold milk and cook slowly until smooth and thickened. Season to taste with salt and pepper.

For unthickened gravy, pour almost all the fat out of the frying pan, but leave the brown bits. Add milk, or water and evaporated milk, boil with constant stirring, and season to taste with salt and pepper.

GINGERSNAP GRAVY

Blend 2 tablespoons of flour with 2 tablespoons of drippings. Add gradually with constant stirring 1-1/2 cups of cool or lukewarm liquid. Cook slowly until smooth and thickened. Add 2 or 3 gingersnaps broken into small pieces, and stir until smooth; strain the gravy, if desired. Or season the gravy with a little ginger and sugar instead of the gingersnaps.

SAUCES

TOMATO SAUCE

3-1/2 to 4 cups cooked tomatoes
1 bay leaf
3/4 teaspoon salt
3 whole allspice
1-1/2 teaspoons sugar
3 slices onion
3 whole cloves
Dash of pepper
2 tablespoons flour
2 tablespoons fat

Cook all the ingredients, except the flour and fat, for 10 minutes. Strain through a sieve and stir gradually into the blended flour and fat. Cook the sauce for a few minutes stirring constantly until smooth and thickened. Serve piping hot.

MINT SAUCE

1/2 cup water
1/2 cup vinegar
1-1/2 tablespoons sugar
1/2 teaspoon salt
2 tablespoons fresh chopped mint leaves

Mix the water, vinegar, sugar, and salt and bring to a boiling point. Remove from the fire, add the chopped mint leaves, and allow the sauce to stand 3 or 4 hours before serving.

MILD BARBECUE SAUCE

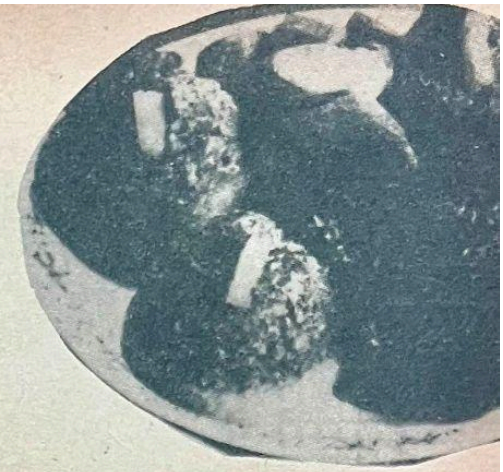
2 pounds soup bones
1 quart cooked tomatoes
1 garlic button, chopped
1 bay leaf
1 teaspoon celery seed
1 teaspoon sugar
3 whole cloves
1 green pepper, chopped
1 large onion, sliced
1/2 cup vinegar
1 tablespoon grated horseradish
Salt

Crack the soup bones. To the bones add all the ingredients except the vinegar, horseradish, and salt. Cover with water and simmer for about 3 hours. The flavor will be improved if the mixture stands overnight in a cold place. Skim off the fat that rises to the top. Heat the remaining mixture, remove and discard the bones, and strain through a sieve. There should be about 1 quart of liquid and pulp. Add the vinegar, horseradish, and salt to taste. Serve the sauce hot with cooked meat. A few dashes of tabasco sauce or other highly seasoned mixtures give extra "pep" to this barbecue sauce.

SPANISH OR CREOLE SAUCE

2 tablespoons chopped onion
2 tablespoons fat
1 tablespoon flour
2 cups cooked tomatoes
1/2 cup chopped celery
1 green pepper, chopped
1/4 cup chopped cooked ham or bacon
Chopped parsley
Salt and pepper to taste

Cook the onion in the fat for a few minutes. Sprinkle the flour over the onion and quickly stir in the tomatoes, celery, green pepper, and simmer for about 20 minutes. Add the ham or bacon, parsley, and salt and pepper, and serve at once.



WHITE SAUCE

THIN

1 tablespoon fat
1 tablespoon flour
1 cup milk
1/4 teaspoon salt

MEDIUM

2 tablespoons fat
2 tablespoons flour
1 cup milk
1/4 teaspoon salt

THICK

3 tablespoons fat
3 to 4 tablespoons flour
1 cup milk
1/4 teaspoon salt

Blend the melted fat and flour thoroughly, gradually stir in the cold milk while heating slowly. Heat and stir constantly until smooth and thickened. Cook over steam for 10 minutes longer. Add the salt.

HORSERADISH SAUCE

1/2 cup thick sweet or sour cream
1/2 teaspoon salt
1 teaspoon sugar
3 or 4 tablespoons fresh grated horseradish

Whip the cream, salt, and sugar, and gradually add the horseradish.

CIDER AND RAISIN SAUCE

1/4 cup sugar
1 tablespoon cornstarch
1/8 teaspoon salt
1 cup cider
1/4 cup seedless raisins
4 small pieces stick cinnamon
8 whole cloves

Mix the sugar, cornstarch, and salt; add the cider and raisins. Put in the spices tied up in a piece of cheesecloth. Boil the mixture for about 10 minutes and take out the spices. Serve the sauce hot with ham.

SALADS — HOT OR COLD

HOT POTATO SALAD WITH SAUSAGE OR FRANKFURTERS

6 medium sized potatoes
1 tablespoon chopped onion
Cooked salad dressing
Salt to taste
1 pound sausage or frankfurters

Boil the potatoes in their jackets, skin them, and slice or cut the potatoes in cubes. Add the onion, salad dressing, and salt to taste, and heat the mixture piping hot. In the meantime cook the sausage. Or, if using frankfurters, wash them, cover with boiling water and simmer for 10 minutes. Serve the meat hot on the hot potato salad and, if desired, add a dash of paprika and garnish with pickles or strips of green pepper or pimiento.

MEAT AND MACARONI SALAD

2 to 3 cups cooked macaroni
1 tablespoon chopped onion
1 cup chopped celery and leaves
1 cup chopped cooked ham or beef
Salad dressing
Salt and pepper to taste

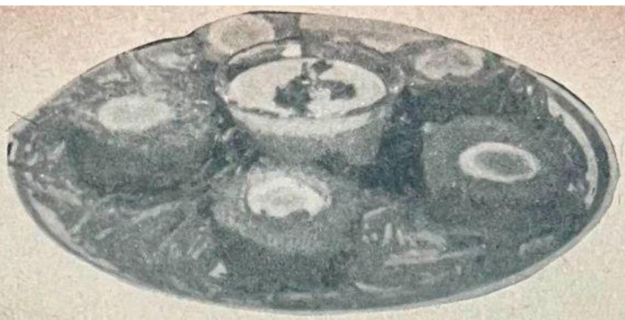
Cut the cold macaroni into small pieces. Mix lightly with the other ingredients. Chill and serve on crisp lettuce, water cress, or endive.

VEAL OR PORK SALAD

To 3 cups of cold cooked veal or fresh pork, cut into small pieces of even size, add thick salad dressing. Let the mixture stand in a cold place for several hours. Shortly before serving, add 2 cups of cut celery and more salad dressing if needed to coat all the pieces. Salt to taste.

Hard-cooked eggs, sliced or cut in quarters, may be used as a garnish, or mixed with the salad to make it go further.

When ready to serve, pile the salad on crisp lettuce or in tomato cups. Or serve in long rolls from which the centers have been scraped out. Or used the salad as a filling for sandwiches.



PINEAPPLE AND CUCUMBER SALAD

1 envelope plain, unflavored gelatine
1/4 cup cold water
1/4 cup boiling water
2 tbsps. sugar
2 tbsps. vinegar
2/3 cup syrup from crushed pineapple
2 tbsps. lemon juice
1/4 tsp. salt
1 cup drained crushed pineapple
1 cup chopped cucumbers

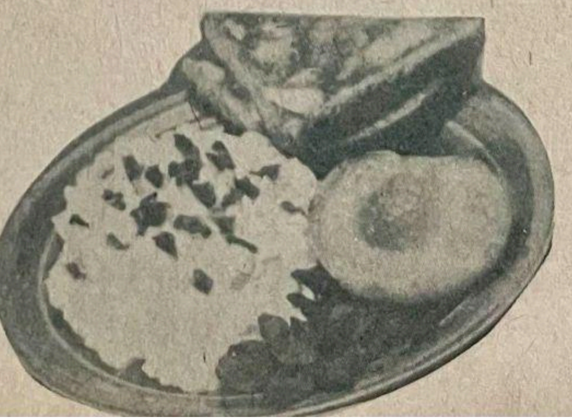
Let gelatine soften in cold water about 5 minutes and dissolved in boiling water, stirring thoroughly. Add sugar, vinegar, pineapple syrup, lemon juice and salt. Stir until dissolved. Cool until mixture begins to thicken. (If you're in a hurry, pour mixture into freezing tray and keep it there about 5 min. or until it begins to thicken) Fold in pineapple and cucumber. Turn into mold rinsed in cold water and chill until firm. Unmold on salad greens and garnish with mayonnaise mixed with an equal amount of whipped cream, if desired.

PINEAPPLE WONDER SALAD

1 big fresh pineapple
1 cup diced pineapple
2 cups red and green apples
1/2 cup chopped kasuy nuts
1 can fruit cocktail
1 cup maraschino cherries
1-1/2 cup mayonnaise

Slice the whole pineapple in half, lengthwise. Cut around the edge with curved knife, remove fruit away from each half, leaving a wall of flesh about 1/2 inch thick on the shell so that it will hold its shape.

Dice pineapple, apples. Mix with remaining ingredients and toss lightly with mayonnaise. Chill. Refill pineapple shells with fruit salad mixture.



POTATO SALAD

8 pieces potatoes (boiled)
1 small chopped onion
chopped parsley
3 or 4 sterns celery (without string)
4 red or green apples
mayonnaise

Mix diced potatoes, celery, and onion. Marinate with vinegar, salt, and pepper, and a little wesson oil. Chill for a few minutes then add 1 cup mayonnaise with a little sugar and diced apples. Serve in lettuce leaves.

OTHER SALAD COMBINATIONS

Chopped crisp bacon or ham, diced apples or sliced bananas, and salad dressing.

Chopped crisp bacon or ham with sliced or chopped raw vegetables—tomatoes, onions, cucumbers, cabbage, cauliflower, carrots, celery, tender leaves of spinach—and salad dressing.

Chopped crisp bacon or ham with cooked green vegetables—snap beans, asparagus, peas—and salad dressing.

Crisp fried dried beef broken in pieces, or chopped cooked corned beef, cooked dried beans or peas, chopped onion, and salad dressing.

JELLIED VEAL SALAD

- 1 veal knuckle, about 2 pounds
- 2 quarts cold water
- 1 onion, sliced
- 1 tablespoon gelatin
- 2 tablespoons cold water
- 1/2 cup finely cut celery
- Salt and pepper
- 2 tablespoons finely chopped parsley
- 2 tablespoons finely chopped green pepper or pimiento

Crack the bones. Wash the knuckle well and cover with the 2 quarts cold water. Add the onion. Heat slowly to the boiling point, then simmer for about 3 hours, or until the meat is tender. Pour off and measure the liquid. There should be about 3 cups. Remove the meat from the bones, discarding all gristle and bone splinters, and either grind or chop the meat very fine. Soften the gelatin in the 2 tablespoons of cold water and add to the hot stock, chill, and when partly set, add the meat and seasonings, and stir until well mixed. Rinse a large mold or individual molds, pour in the mixture, and allow to stand some hours or overnight in a refrigerator or other cold place. When thoroughly stiffened, turn the jellied meat out on crisp lettuce. Serve with salad dressing. Garnish with thinly sliced cucumber and tomato, if desired.

BANANA BLOSSOM KILAWIN

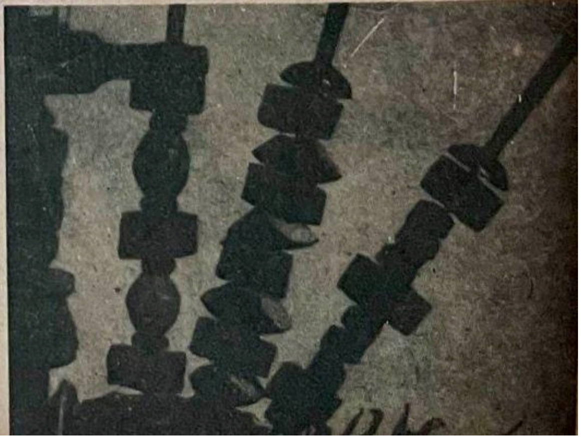
- 2 medium-sized banana blossoms, sliced, worked in salt, rinsed
- 1 cup shelled shrimp
- 4 cloves garlic, chopped
- 1 onion, minced
- 4 tablespoons lard
- 2 cups shrimp juice
- vinegar, salt and pepper

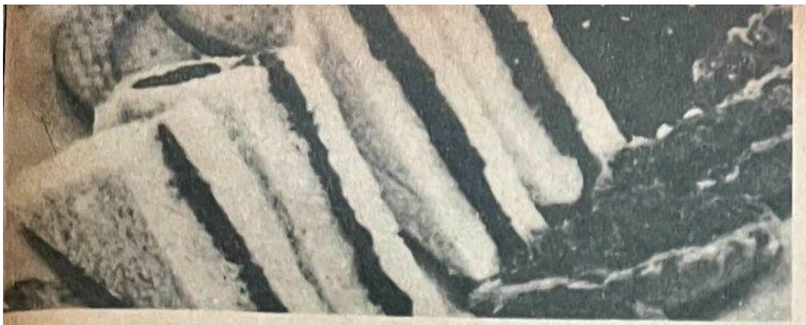
Mix shrimp, onion, and vinegar. Saute garlic. Add shrimp mixture. Add shrimp juice. Simmer. Add banana blossom. Stir constantly until blossom is tender. Season.

LAKSA

- 1 cup banana blossom, sliced, worked in salt, rinsed
- 1-1/2 cups string beans, cut 1-1/2" long
- 2 cloves garlic, crushed
- 1 cup sotanghon, soaked
- 1-1/2 cups squash tops
- 1/2 cup pork, cooked and sliced
- 1 small onion, sliced
- 3 cups meat stock
- 1 tablespoon cooking oil; salt

Saute garlic. Add onion and pork. Add banana heart, string beans, and meat stock. Let boil, then simmer until vegetables are almost done. Add sotanghon and squash tops. Season. Cool till vegetables are done.





SNACKS

Bread and other cereal foods are truly the staff of life for some families and form all or part of the main dish for many of their meals. For many, toast, pancakes, or oatmeal is the main dish at breakfast. And sandwiches form the bulk of their noon or evening meal.

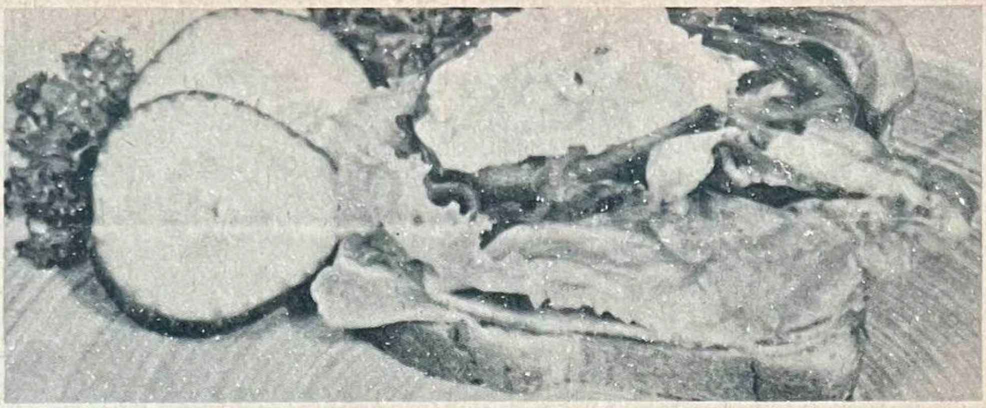
We often think of "cereals" as being only bread and breakfast cereals, forgetting that such food as macaroni and noodles are cereals too.

Bread and other cereal foods give to the diet more calories, more iron, and more thiamine than any other group of foods. They also provide a fourth of our protein. The program of "enriching" white flour and bread has not increased the protein although it has increased other nutritive values we derive from these foods. This high proportion of protein from grains is due largely to the fact that we eat bread and other cereal foods so frequently and not because we get large amounts of protein in any one serving.

A few figures on grain proteins may be helpful. A pound loaf of whole-wheat bread contains about three-fourths as much protein as a pound of lean beef with a moderate amount of bone and fat. You would need to eat one-third the loaf or about seven slices for as much protein as you get in a fourth pound of meat—an average serving.

A pound loaf of white bread "enriched" contains less and poorer quality protein than a pound whole wheat loaf. You would have to eat about eight slices of white bread to get as much protein as in seven slices of whole-wheat.

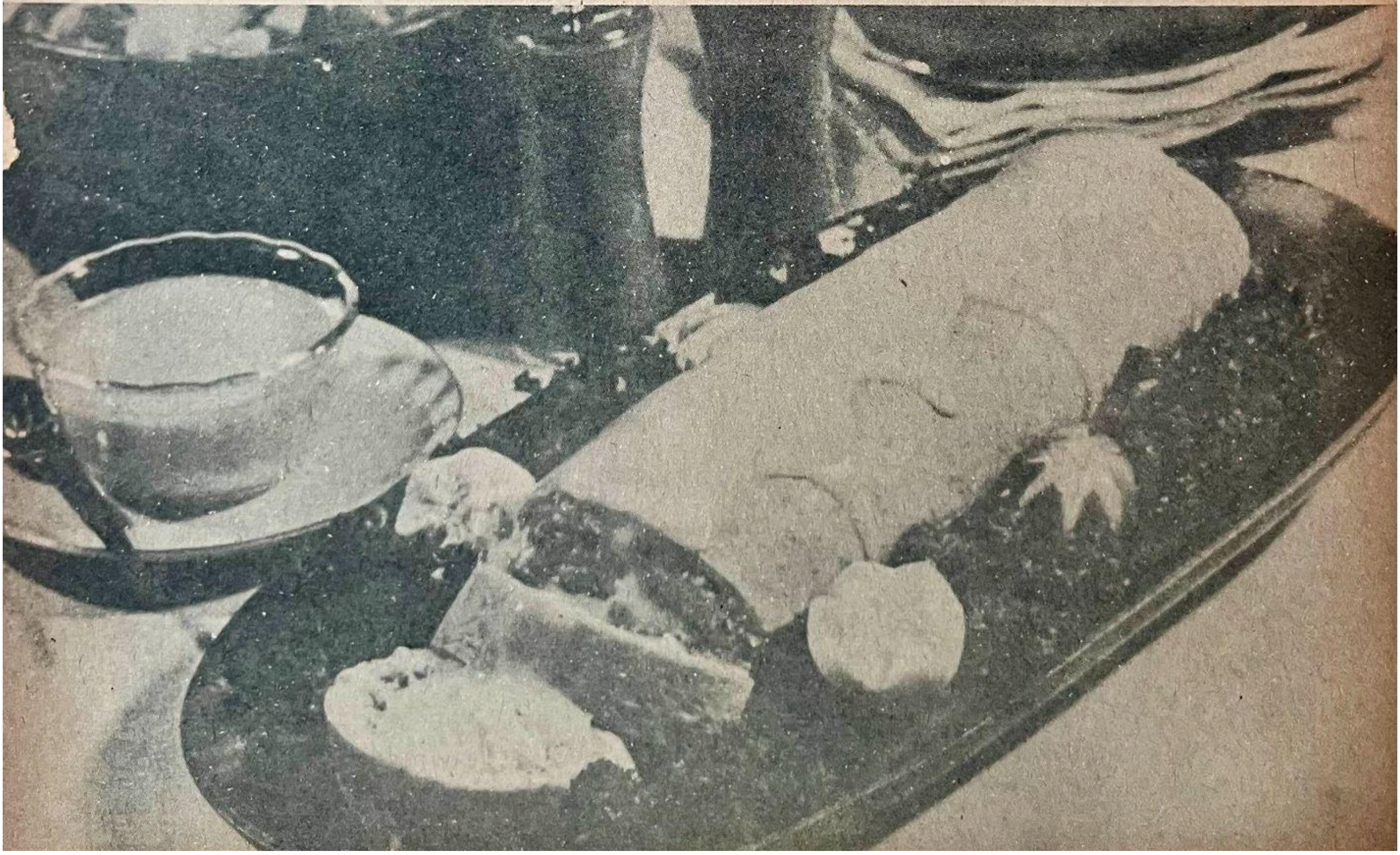
Proteins from bread and other cereal foods are not high quality although some are better than others. You can increase



the protein value by adding corn or wheat germ or using whole grains—as whole-wheat bread or whole-grain breakfast cereal. Milk, eggs, soy flour or grits, meat, or fish will bring up the protein content of a cereal main dish.

When meat prices are high and you want to stretch your money, add cereal to meat for a main dish. Cereal foods are economical extenders for meat, fish, eggs, or cheese.

There are a great number of extended dishes. Noodles, spaghetti, rice, or hominy grits may be served with creamed meats, or with meats in brown sauce with or without tomatoes. Macaroni and cheese, rice with eggs and cheese, meat loaf with bread crumbs, and other similar combinations are popular dishes. And we enjoy biscuit crust on stew, waffles or griddlecakes with a little sausage or ham, and dumplings to extend chicken.



OATMEAL GRIDDLE-CAKES WITH SAUSAGES

2 cups milk	**1 teaspoon salt**
2 cups quick-cooking oats	**2 eggs, separated**
1/3 cup sifted flour	**1/3 cup melted fat**
2-1/2 teaspoons baking powder	**Cooked sausages**

Heat milk and pour it over the oats. Allow to cool.

Sift together flour, baking powder, and salt.

Beat egg yolks and add to oat mixture. Add melted fat and stir in dry ingredients.

Drop the batter by spoonfuls on a hot greased griddle. When the surface is covered with bubbles, turn and brown on the other side.

Serve the griddlecakes with syrup and the sausages.

Apple Griddlecakes.—Add 1/4 teaspoon cinnamon, 2 tablespoons brown sugar, and 1 cup finely chopped, pared apples to the batter before adding egg whites.

FRENCH TOAST WITH TOMATO-MEAT SAUCE

2 eggs	**8 slices bread**
1/3 cup milk	**Fat**
1/4 teaspoon salt	

Beat eggs, stir in milk and salt. Dip both sides of bread quickly into mixture. Brown on both sides in a little fat, using moderate heat.

WHOLE-WHEAT SCRAPPLE

2 pounds fresh pork (bony cut)
1-1/2 quarts water
1-1/2 cups uncooked fine whole-wheat cereal
Onion
Salt and pepper

Cook pork slowly in water until the meat drops from the bones. Strain off the broth.

Separate bones from meat, taking care to get out all the tiny pieces. Cut meat fine.

Add water to broth, if necessary, to make 1 quart. Bring to boil and slowly stir in the cereal. Cook until thickened, stirring constantly. Continue cooking 15 minutes, stirring frequently.

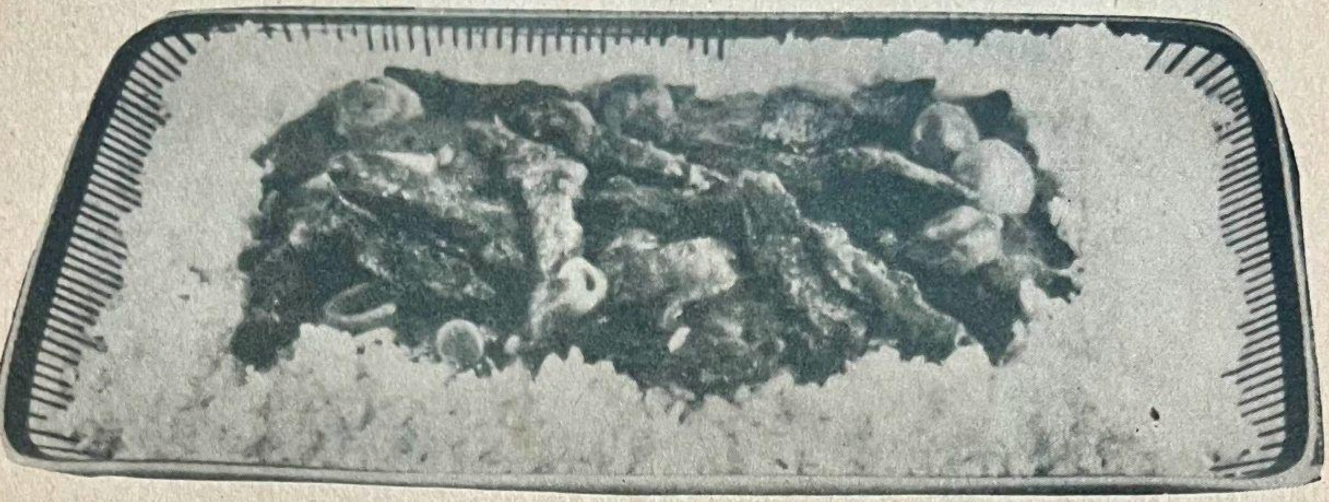
Add the chopped meat, a little chopped onion, and season to taste with salt and pepper.

Pour the mixture into loaf pans and let stand until cool and firm.

To serve, slice scrapple and brown slowly on both sides in a hot frying pan. If the scrapple is rich with fat, extra fat is not needed for browning.

Serve with baked sweetpotatoes, scalloped or fried apples or applesauce, a green salad, and lemon meringue pie.

One cup *corn meal* may be used instead of 1-1/2 cups whole-wheat cereal.



RICE WITH CHICKEN

1-1/2 cups diced left-over cooked chicken
Chicken bones
Salt
1 onion, chopped
1-1/2 tablespoons chicken fat
1/2 cup rice, uncooked
Grated cheese

This dish may be made with more or less than 1-1/2 cups chicken, but this amount is needed to give enough protein for a main dish for four persons.

Cover bones with water and simmer an hour or longer. Drain off the broth. Add any left-over chicken gravy and water, if needed, to make 1 quart broth. Add salt to taste.

In a large frying pan, cook the onion in fat a few minutes, add chicken broth, and when it boils up rapidly, sprinkle the rice in slowly.

Cover the pan. Simmer rice about 25 minutes or until the grains swell and become soft. Stir with a fork from time to time to keep the rice from sticking.

By the time the rice is done, it will have absorbed the broth, and the grains will be large and separate. Then add the pieces of chicken and more salt if needed. Turn mixture onto a hot platter, and sprinkle generously with grated cheese.

Serve with spinach and hard-cooked egg, celery and carrot sticks, fruit pickle, and apple or peach dumpling or pie.

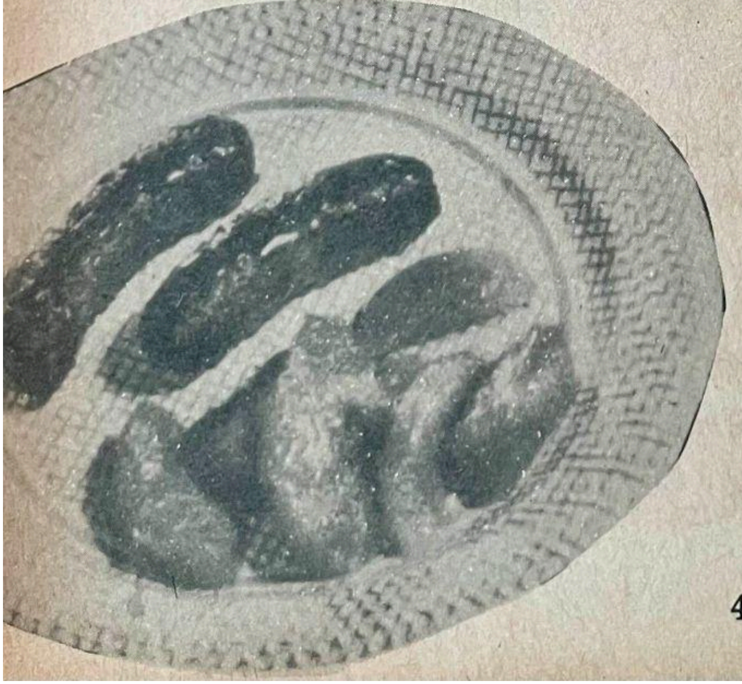
LUMPIA

- 1/2 onion, chopped finely
- 1 clove garlic, minced or mashed
- 1 tablespoon of salad oil
- 1/2 cup each: chopped
  - cooked-ham
  - shrimp
  - pork
- 1/2 cup bean sprouts, coarsely chopped
- 1 medium sized turnip, grated
- 1/4 cup diced bamboo shoots
- 3 tablespoons soy sauce
- 1-1/2 teaspoons sugar
- 1/2 teaspoon salt
- Pastry made with 4 cups flour

Cook the onion and garlic in the salad oil until soft. Then combine them with the ham, shrimp, pork, bean sprouts, turnip, bamboo shoots, soy sauce, sugar, and salt. Mix them all well together. Roll out pastry on a lightly floured board and cut it into 3-inch rounds. Put 1 teaspoon of the mixture on each round and moisten edges with a little water. Fold in half and pinch edges together to seal. Put on cooky sheets and bake in a hot oven (425 deg.) until lightly browned (about 15 minutes).

Instead of baking you can use this method: Heat 1/8 inch of salad oil in a frying pan and cook the turnovers using medium heat until golden brown. About 3 minutes on each side.

Yield: 4 dozen, 3-inch turnovers.



PANCIT LUGLUG

1/2 kilo fresh miki
1-1/2 cups shrimps
3 cakes tokwa
1 bunch kinchay
5 hard-boiled eggs
2 onions
Calamansi, pepper, patis for seasoning
1 cup powdered chicharon
1 cup pork, boiled then diced
12 fresh squids
1 head garlic
1 bunch green onions
Flesh of 10 tinapa

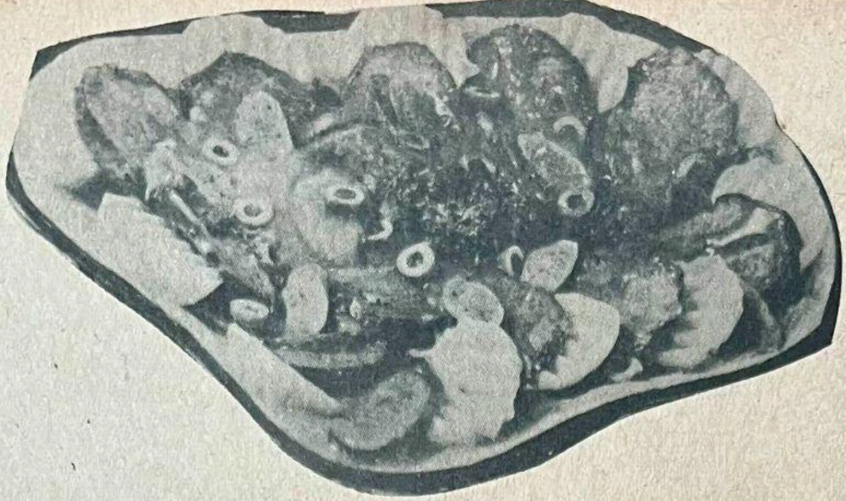
Blanch and peel shrimps, then cut lengthwise. Set aside heads. Prepare tokwa, kinchay, onions as for Pancit Guisado. Remove bones, scales from tinapa. Saute garlic. Boil squids separately with vinegar, salt and pepper added to the water. Mince onions. Fry tokwa along with garlic, add shrimps, pork and onions. Season with patis and pepper, color with a little achuete. Blanch miki, drain, set aside. Arrange on platter. Garnish with cooked mixture, top with slices of hard boiled eggs.

LENGUA DE GATO

1/4 lb. butter
2/3 cup sugar
1-1/3 cup flour
1/4 cup eggwhites or
2 eggwhites combined with
1 egg yolk

Cream the butter. Add sugar gradually until fluffy. Add egg whites and beat thoroughly. Add flour gradually beating all the time. Add a pinch of salt and vanilla.

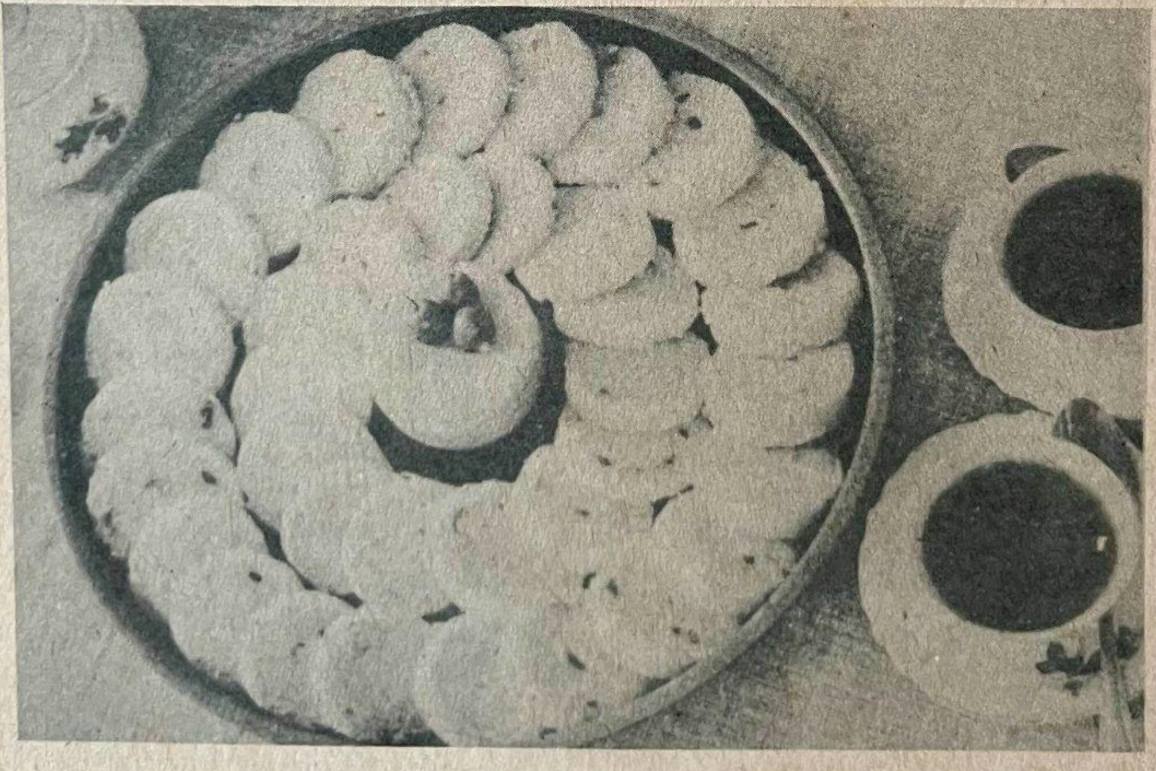
Bake in 375 deg. F. until golden brown or about 5 minutes.



COFFEE PIE SUPREME

1 tbsp. unflavored gelatin	**1 c. cold strong coffee**
1/4 c. cold water	**1/4 tsp. salt**
3 eggs separated	**1 tsp. vanilla**
1 c. refined sugar	**1 baked pie shell**

Dissolve gelatin in water for 5 minutes. Beat eggyolks until light: beat in 1/2 cup sugar gradually, add coffee slowly, then salt. Cook over boiling water for 5 minutes, stirring constantly. Add gelatin and stir until dissolved. Chill until mixture begins to thicken. Beat eggwhites until stiff; beat in remaining sugar gradually and add vanilla. Fold into gelatin mixture. Pour into pie shell and chill firm. Cover with whipped cream topping. Makes 1 (9-inch) delicious pie.



LUNCH BOX MAIN DISHES

To pack a good lunch box takes more planning than many a meal that goes on the family dinner table. For the lunch box should be chock full of food value when it's lunch for men in heavy work or school children. And outdoor picnic lunches must be designed for satisfying hungry appetites.

Sandwiches, when filled with high-protein food, can serve as a main dish. And luckily, almost everyone likes them. The high-protein foods are meat, eggs, cheese, fish, and peanut butter. Peanut butter is highly concentrated. The peanut protein is good and supplements the protein of wheat in the bread.

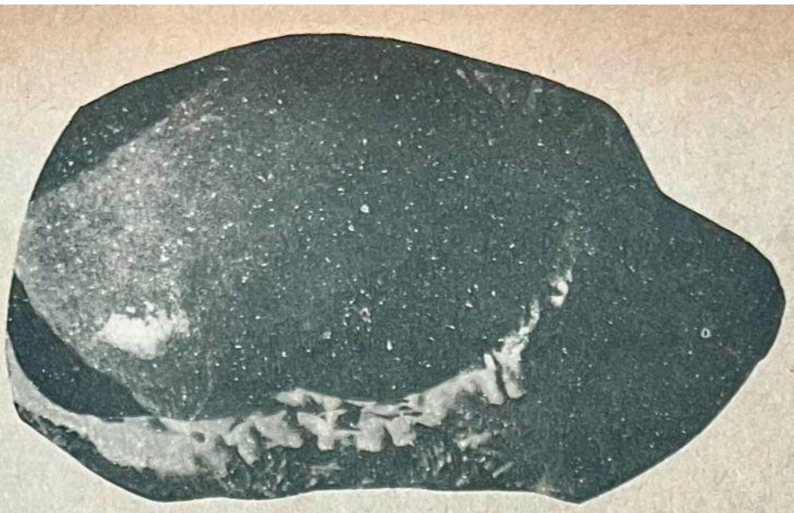
Sandwiches should not be dry and tasteless. Make them moist and well-seasoned by adding bright tart jellies to peanut butter fillings or salad dressing and lettuce to fillings of sliced meat or cheese. And spread the fillings clear to the edge of the bread.

Using different breads provides sandwich variety. Raisin or rye bread is good with cheese. Brown bread sandwiches are delicious with cream cheese fillings.

Interesting sandwich fillings can be devised if you are original. Make the brown bread sandwich tasty by adding chopped raisins and fruit juice to the cream cheese. Or mix hard-cooked egg yolks and crisp bits of bacon with mashed bananas, lemon juice, and mayonnaise, for something new and different. A scooped-out roll stuffed with salmon or egg salad makes a hearty sandwich for good eating.

Leave crusts on the bread to avoid waste and help keep the sandwiches moist. Be sure to wrap sandwiches neatly in waxed paper if you would protect their freshness.

You can pack salads or well-seasoned cottage cheese in covered paper containers or small screw-top jars. Almost any mixture that is good served cold can be carried in a lunch box



this way. Hot soups hearty enough for a main dish can be put in a thermos bottle.

Sandwich fillings and salad mixtures should be kept cold until eaten because they spoil quickly if left in a warm place. In preparing sandwiches for the lunch box, consider the length of time they must be kept. Use fillings that will not soak into the bread, especially if the sandwiches must stand awhile.

Good cooks rely on sandwiches for any hour. Versatile foods, they satisfy appetites from dawn to when the stars steal across the sky. So, why not try these delicious and easy-to-prepare breakfast recipes for your brood.

CRAB SANDWICH

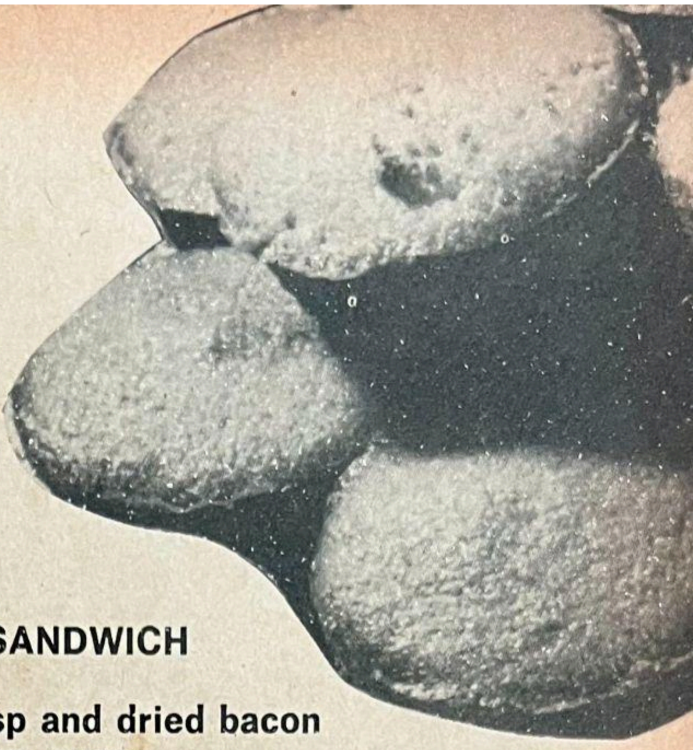
Crabmeat
mayonnaise
pickles
lettuce leaves
celery
onions
tomatoes
salt

Cut onions and celery into small pieces. Combine with crabmeat, mayonnaise and salt. Spread over slice of bread. Garnish with slices of tomatoes or lettuce leaves. Cover with another slice of buttered bread. Serve.

BREAKFAST TOASTWICHES

2 eggs beaten
butter for shortening
1/2 cup milk
12 bread slices

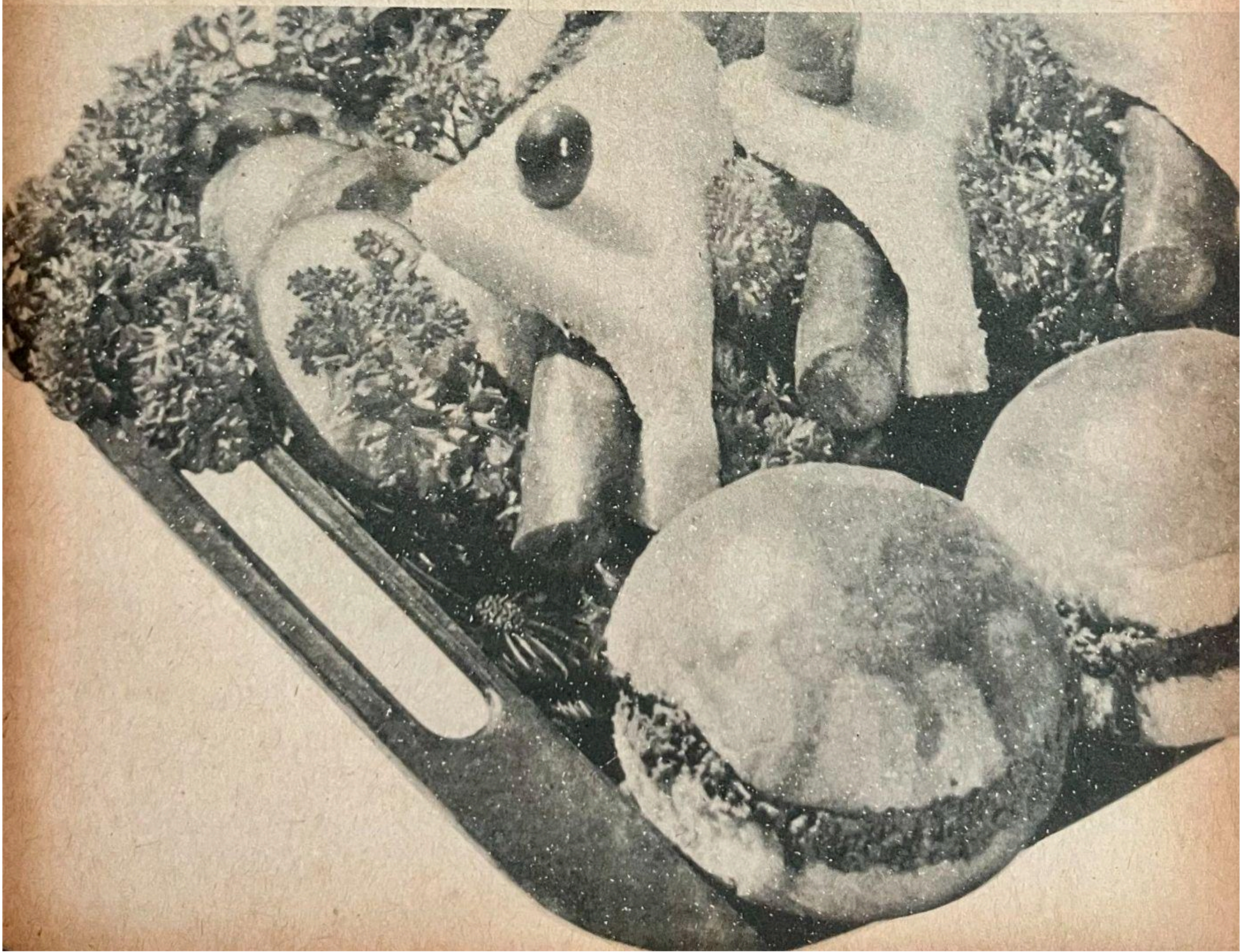
Select a filling for sandwiches: cheese, peanut butter-bacon, scrambled egg-bacon, bacon-marmalade, etc. Dip sandwiches into mixture of eggs and milk. Turn to coat both sides. Deep fat fry in hot shortening. Or sandwiches may be grilled or oven baked. Makes 6 sandwiches.



CHICKEN SLAW SANDWICH

Chicken adobo
cabbage, sliced thiny in strips
1 carrot, cut into strips
mayonnaise
crisp and dried bacon
1 tsp. sugar
dash of pepper

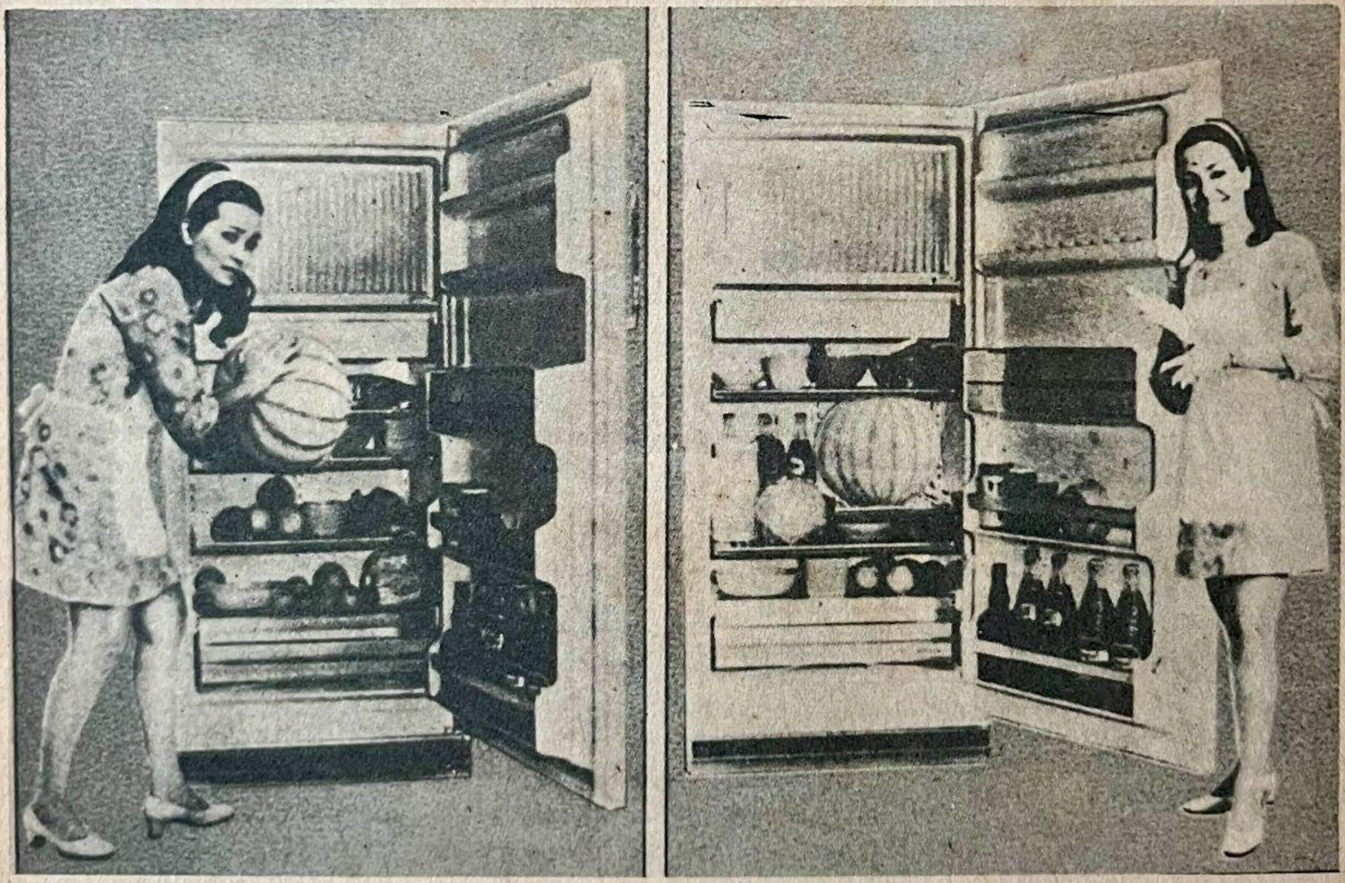
Spread mayonnaise and shredded vegetables on bread. Top with shredded chicken adobo and crisply fried bacon. Press lightly to stay on. Cover with another slice of bread. Serve.



SALMON SANDWICH

1 tall can salmon
1 c. chopped celery
3 hard-boiled eggs
2 pimientos (sliced in strips)
1 tsp. salt
2 tbsps. pickles, chopped
2 c. onions
2 calamansi juice
3/4 c. mayonnaise

Drain the salmon. Remove the bones and mash. Cut the hard-boiled eggs into cubes. Combine all ingredients together except the celery. Place in the refrigerator until cold. Get a loaf of bread and divide each slice into triangles. Spread the salmon filling and garnish with chopped celery before putting a slice of bread over the filling. Serve cold.



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